

“BUY A BREAKFAST” Per Month & Support Mental Wellness

Wellness Within is a dedicated non-profit bringing essential **mental health services** — counselling, therapy, and life-changing education programmes — to underserved communities across South Africa.



Our goal is simple yet powerful: make high-quality mental health support as **affordable as possible** — and preferably **free** wherever we can — because no one should suffer in silence simply because they can't afford help.

We rely entirely on generous supporters like you who believe mental health matters for everyone.

Many people hesitate to donate because they think, “What I can give is too small... it won't really make a difference.” **They're wrong — and here's why.**

In South Africa today, a good, satisfying breakfast and a coffee typically costs between **R80 and R150** (*think a hearty takeaway meal or a cosy café stop*).

What if, just once a month, you redirected that small amount to something far more nourishing — **hope, healing, and mental wellness** for someone who has none?

By “**Buying a Breakfast**” each month, your donation — combined with others who care — directly funds counselling sessions, group workshops, and education programmes that reach people who would otherwise go without.

Collectively, Your R100 or R150 a month truly adds up:

- It helps provide a therapy session for someone in crisis.
- It supports mental health education in schools or community groups.
- It reminds someone that they are **seen, valued, and not alone**.

Join the “**Buy a Breakfast**” movement today. It's an easy, meaningful way to create ripple effects of change — one sacrificed value of a breakfast at a time.

Here's how simple it is:

1. Choose your monthly amount (e.g., R100, R120, R150 — whatever feels right for your usual breakfast).
2. Commit to 12 months (you pay per month) after which you can opt out at any time by letting us know.
3. Sign up via the QR code below (or contact us directly).
4. We'll send you a friendly monthly invoice — pay easily via EFT.
5. Every month, you'll receive a quick update showing the real impact your “**breakfast bought**” has made.

So, would you “Buy a Breakfast” this month... to help make someone's world a little brighter? Your small, consistent act of kindness can change lives. Thank you for considering it — and for believing that mental health is worth investing in.

PLEASE SCAN THIS QR CODE TO SIGN UP TODAY

