



307
0072898

27 kWh
2 1.28

100 PULSES/kWh

EC23 E

EC23 PLT
970 8414 0

50Hz 5(80)R

INLOG

meter is the property of the supply authority
The use hereof is subject to the supply
conditions of supply.

1	2	3
4	5	6
7	8	9
←	0	#

THE WORLD HEALTH ORGANISATION
REPORTED THAT, IN 2019,
“**13 774** SUICIDES WERE REPORTED
IN SOUTH AFRICA. OF THESE
DEATHS, **10 861** WERE MEN.”

MENTALHEALTH.ORG.UK LISTS THE MOST
COMMON SYMPTOMS OF DEPRESSION IN MEN AS:

- **IRRITABILITY**
- **SUDDEN ANGER**
- **INCREASED LOSS OF CONTROL**
- **RISK-TAKING**
- **AGGRESSION**

“THE RIGHTEOUS CRY OUT, AND THE LORD HEARS THEM; HE DELIVERS THEM FROM ALL THEIR TROUBLES.

THE LORD IS CLOSE TO THE BROKENHEARTED AND SAVES THOSE WHO ARE CRUSHED IN SPIRIT.”

PSALM 34:17-18



“THEN JESUS SAID, “**COME TO ME**, ALL OF YOU WHO ARE **WEARY** AND **CARRY HEAVY BURDENS**, AND I **WILL GIVE YOU REST**. TAKE MY YOKE UPON YOU.

LET ME TEACH YOU, BECAUSE I AM HUMBLE AND GENTLE AT HEART, AND **YOU WILL FIND REST FOR YOUR SOULS**. FOR MY YOKE IS **EASY TO BEAR**, AND THE BURDEN I GIVE YOU IS LIGHT.””

MATTHEW 11:28-30