



# BE FREE WITH MIZZB

ASK A  
loveLife  
COUNSELLOR



loveLife

## WE ARE BETTER THAN THIS

WHEN we lose our humanity as people and start turning against each other, it means there are seriously deep-seated self-identity issues of anger and frustration that we have failed to understand and handle.

The senseless murders and violence towards fellow Africans in the wave of xenophobia must be strongly condemned. That also includes an introspection of the root causes of such hatred. When people resort to violent behaviour, they're essentially saying they've lost their capacity to think and use logic to resolve problems. It's important to take action in vari-

ous ways, including engaging in conversations that address challenges that fuel xenophobia in our communities. loveLife's community dialogues are a platform where young people and various stakeholders can talk openly about a various social challenges, including hate crimes, while finding ways to tackle them head on. We need to be mentally free and appreciate who we are as a people of African descent.

For counselling support with regard to addressing xenophobia or any issue you're experiencing, send a Please Call Me to 083 323 1023 and a loveLife counsellor will call you.

## I'm not getting my period!

Dear MizzB

*I'm 27 and started taking ARVs in March 2013 when I fell pregnant.*

*I'm worried because I menstruated in the first three months after giving birth, but never again since then.*

■ **Stressing**

Dear Stressing

You really sound worried about your situation. Being worried about your health shows you're in control and want to make sure things go well.

Please visit the clinic where you're receiving treatment and explain your situation so they can provide you with the necessary information. You can also send a Please Call Me to 083 323 1023.

## Should I date a married man?

Dear MizzB

*My boyfriend of 10 months is being forced to marry his baby mama by both his parents and the woman's family. He asked me if I would still date him if he's married. We love each other but now I'm confused.*

■ **Hurt and confused**

Dear Hurt and confused

Marriage is a choice every adult should be allowed to make when they feel they're ready to commit.

Interference from baby mamas and parents is common in most relationships, but it needs to be addressed with the relevant partner.

You can send a Please Call Me to 083 323 1023 to speak to a counsellor.

## My mum is emotionally abusive

Dear MizzB

*I have endured seven years of being emotionally abused by my mother. I tried to commit suicide several times, yet I'm still alive. I don't know what to do any more.*

■ **Hopeless**

Dear Hopeless

Emotional abuse can impact negatively

on how a person perceives themselves, especially when it's your own mum. Opening up to her about your feelings will make her aware of how hurt and abused you feel by her words and actions. To get counselling, you can call the South African Depression and Anxiety Group on 0800 567 567 or SMS 31393. You can also send a Please Call Me to 083 323 1023 to speak to loveLife.