

List of Mental Health Emergency Numbers in South Africa:

Name	Contact Number
Akeso psychiatric response unit	086 143 5787
Adcock Ingram Depression & Anxiety Helpline	0800 70 80 90 (8AM – 8PM)
Alcoholics Anonymous	086 143 5722
ADHD Helpline	0800 55 44 33 (8AM – 8PM)
ChildLine	080 005 5555
Cipla Mental Health Helpline	0800 456 789
DSD Substance Abuse Helpline	080 012 1314
Dr Reddy's Mental Health Helpline	0800 21 22 23 (8AM – 8PM)
Elderly Helpline	080 000 3081
Family and marriage society of South Africa	011 975 7107
GBVF-related service complaints (SAPS)	080 033 3177
Gender Based Violence command centre	080 042 8428 or *120*7867#
Healthcare Workers Care Network Helpline	0800 21 21 21 or SMS 43001
Ithemba Drug Toll-Free number	080 022 3217
Legal Aid advice line (toll free)	080 011 0100
Lifeline crisis line	086 132 2322/ 011 728 1347
Narcotics anonymous SA	083 900 6962
National AIDS helpline	080 001 2322
National Human Trafficking Helpline	080 022 2777
NPOwer SA Helpline	0800 515 515 or SMS 43010
Persons with disabilities	SMS HELP to 31531
Pharma Dynamics Police & Trauma Helpline	0800 20 50 26 (8AM – 8PM)
Rape Crisis Cape Town	021 447 9762
Suicide Crisis Helpline	080 056 7567
South African Depression and Anxiety Group (SADAG)	011 234 4837 (8AM – 8PM)
SAPS crime stop	086 001 0111
Stop gender violence centre	086 132 2322 / 080 015 0150
UFS #Fair Kitchens Chefs Helpline	0800 006 333





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Emergency Numbers in South Africa: (Whatsapp)

Cipla Mental Health	076 882 2775
Maybelline Brave Together	087 163 2030
Ke Moja Substance Abuse	087 163 2025
Have Hope Chat Line	087 163 2050

contact us



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