

List of Mental Health Emergency Numbers in South Africa:

Name	Contact Number
Akeso psychiatric response unit	+27 (0) 86 143 5787
Alcoholics Anonymous	+27 (0) 86 143 5722
ChildLine	+27 (0) 80 005 5555
Elderly Helpline	+27 (0) 80 000 3081
Family and marriage society of South Africa	+27 (0) 11 975 7107
GBVF-related service complaints (SAPS)	+27 (0) 80 033 3177
Gender Based Violence command centre	+27 (0) 80 042 8428 or *120*7867#
Human Trafficking	+27 (0) 800 073 7283 / +27 (0) 82 455 3664
Ithemba Drug Toll-Free number	+27 (0) 80 022 3217
Legal Aid advice line (toll free)	+27 (0) 80 011 0100
Lifeline crisis line	+27 (0) 86 132 2322 / +27 (0) 11 728 1347
Narcotics anonymous SA	+27 (0) 83 900 6962
National AIDS helpline	+27 (0) 80 001 2322
National Human Trafficking Helpline	+27 (0) 80 022 2777
Persons with disabilities	SMS HELP to 31531
Rape Crisis Cape Town	+27 (0) 21 447 9762
SA Depression and Anxiety Group suicide line	+27 (0) 80 056 7567 / +27 (0) 11 234 4837
SAPS crime stop	+27 (0) 86 001 0111
SASSA call centre	+27 (0) 80 060 1011 / +27 (0) 80 070 1701
Stop gender violence centre	+27 (0) 86 132 2322 / +27 (0) 80 015 0150
Stop Stockouts campaign	+27 (0) 84 855 7867 / +27 (0) 11 728 7365
Substance abuse helpline	+27 (0) 80 012 1314
South African Depression & Anxiety Group	0800 12 13 14
Adcock Ingram Depression & Anxiety Helpline	0800 70 80 90

