

## **South Africa**

### **Suicide Prevention**

[Lifeline National Counselling Line](#): 0861-322-322

[Befrienders South Africa](#): 0027 51 444 5000

[The South African Depression and Anxiety Group](#) suicide crisis line: 0800 21 22 23 (8am to 8pm) or 0800 12 13 14 (8pm to 8am)

[Akeso](#) 24 hour emergency contact: 0861 435 787

### **Abuse and Domestic Violence**

[Lifeline](#) Stop Gender Violence toll-free helpline: 0800-150-150

[The Gender-Based Violence Command Centre](#) (GBVCC) Emergency Line: 0800 428 428

[Childline South Africa](#): 116

[Child Welfare South Africa](#) to report child abuse or neglect: 087 822 1516

[Age in Action](#) careline for elder abuse: 0800 333 231

[People Opposing Women Abuse](#) (POWA): Lockdown Counselling Number 076 694 5911

### **Addiction**

[Alcoholics Anonymous South Africa](#) 24/7 helpline: 0861 435 722

[The South African Depression and Anxiety Group](#) substance abuse line: 0800 12 13 14

[Narcotics Anonymous](#) South Africa region phonenumber: 0861 00 6962

### **Bullying/Teens/Parenting**

[Childline South Africa](#): 116

[Love Life](#) promoting youth health: 011 523 1000

[South African Federation for Mental Health](#) (SAFMH) offers a helpdesk and mental health information for young people: +27 (0) 11 781 1852

### **LGBTQ+**

[Triangle Project](#) helpline: 021 712 6699

### **Mental Health**

[Lifeline counselling](#): National: 0861 322 322, Johannesburg: 011 728-1331, Alexandra: 011 443 3555, Soweto: 067 019 0845 or 074 129 6960

[The South African Depression and Anxiety Group](#) offers help and counselling for all mental health problems: 0800 567 567

[South African Federation for Mental Health](#) (SAFMH) offers a helpdesk and information on mental health services: +27 (0) 11 781 1852

[South African Schizophrenia & Bipolar Disorders Alliance](#): 011 326 0661

[Akeso](#) help and counselling for different disorders: 0861 435 787