

**Zimbabwe:**

Emergency: [999](tel:999) Suicide Hotline: [080 12 333 333](tel:08012333333)

Zimbabwe

Helpline 1: (263) 09 65000

Helpline 2: Toll Free: 0800 9102

## Suicide & Crisis Lines

### **Samaritans – Bulawayo**

[263 09 65000](tel:2630965000)

Samaritans is a registered Charity organization whose prime objective is to assist persons who have problems and distress of a nature likely to result in the deterioration of their mental or physical well-being, a condition which if allowed to persist may lead in those persons contemplating suicide.

### **Harare Samaritans**

[080 12 333 333](tel:08012333333)

Samaritans is a registered Charity organization whose prime objective is to assist persons who have problems and distress of a nature likely to result in the deterioration of their mental or physical well-being, a condition which if allowed to persist may lead in those persons contemplating suicide.

### **[Tune Me](#)**

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Tune Me helps you make choices about your body rights, sexual health and love life. Since Tune Me is located in multiple countries across Sub-Saharan Africa, the site's sexual and reproductive rights articles are guided by the laws and health protocols followed in your country.

### **EMERGENCY**

[263 4 995](tel:2634995)

## Alcohol & Substance Abuse

### [Communities Against Drugs and Substance Abuse \(CADASA\)](#)

[263 73 286 7960](#)

A youth based non governmental organization that aims to tackle the DRUG AND SUBSTANCE ABUSE phenomena that has swept over Zimbabwe.

### [Highlands Halfway House](#)

[263 86 44210999](#) A community rehabilitation facility offering therapeutic rehabilitation for psychological problems with special emphasis on substance abuse dependency disorders.

## Domestic & Sexual Violence

### [Adult Rape Clinic \(ARC\)](#)

[263 242 793572](#)

The Adult Rape Clinic (ARC), was established with support from the Ministry of Health and Child Care & Parirenyatwa Hospital as a response to the dire lack of appropriate facilities for a holistic and sensitive response for rape survivors in government hospitals in Zimbabwe. It provides comprehensive management including medical management, counselling, training and support services which includes formed partnerships with organisations providing complementary services. The clinic offers medical care, ongoing psycho-social support services, awareness raising and advocacy surrounding sexual gender based violence issues.

### [Musasa](#)

[263-4 794983](#)

Musasa is a non-governmental organisation established in 1988 response to the high levels of violence against women, particularly domestic violence and the lack of support for women, in Zimbabwe.

### [Musasa Gender Based Violence Helpline Harare](#)

[263 \(04\)706284](#)

[706152](#)

Musasa is a non-governmental organization that was set up in 1988 to deal with issues

of violence against women and girls. It provides relief to survivors of Gender Based Violence (GBV), operating from four (4) regional offices located in Harare, Bulawayo, Gweru and Masvingo as well as various service centers located in all the provinces of Zimbabwe. The organization develops programs which help to change attitudes, behavior and the general responsiveness of communities and community leaderships to issues of Violence Against Women.

### **National Gender Based Violence Call Centre**

[575](tel:575)

## **Mental Health Conditions & Family Support**

### **Claivy Wellness Foundation**

[263 733724567](tel:263733724567)

An organization that offers unique psychosocial support/clinical therapy with regards relationships, marital, parenting, finance, health related problems to individuals, couples, families.

### **Dr Safe Hands**

[91 9013-262626](tel:919013262626)

We are on a mission to help people in mental distress or anxiety by providing counseling services by experts, anytime anywhere, using technology.

### **Munyashae Foundation**

[077 297 3238](tel:0772973238)

[077 966 4980](tel:0779664980)

[078 303 0313](tel:0783030313)

Free 24 Hrs. Mental Health and Wellness Services

### **Stepping-Stone Counselling & Social Work Practice**

[263 774529888](tel:263774529888)

Counseling provided by Mr. Peter Muhwati CSW. Experiential therapist with advanced training in Emotionally-Focused Couple Therapy (EFT) and Immersion in AEDP.

## **Youth and Parenting**

## **Childline Zimbabwe**

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Childline Offers free counselling to children who have been abused or those who are at risk of being abused.

[Family Support Trust \(Girls not Brides\)](#)

[263 77 422 743](#)

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