

HELPLINES

Are you or a loved one suffering from domestic abuse?

LIFELINE

Counsellors help callers with challenges such as trauma, abuse, suicide and relationship issues.



0861-322-322

Toll-free 24-hour helpline

www.lifeline.co.za

STOP GENDER VIOLENCE

Counsellors provide callers who have been raped or abused with advice, and support. It is also for people who want to help victims of abuse or rape.



0800-150-150

Toll-free 24-hour helpline
Or SMS *120*7867#

www.lifeline.co.za

ALCOHOLICS ANONYMOUS SA

Information, support and assistance to children and families, which includes issues such as physical and sexual abuse, substance abuse, behavioural problems, legal advice and trafficking.



0861-435-722

Toll-free 24-hour helpline

www.aasouthafrica.org.za

FAMSA Family & Marriage Society of South Africa

FAMSA supports families through stressful situations (e.g. divorce, mediation, domestic violence, trauma, grief) by offering counselling and education to strengthen marriage and other relationships in the family.



(011) 975-7106/7

08h00 - 16h00 only

www.famsa.org.za

SA DEPRESSION & ANXIETY GROUP

Provides support and information on depression, panic disorder, suicidal behaviour, generalised anxiety disorder, post-traumatic stress disorder, and an array of psychiatric conditions.



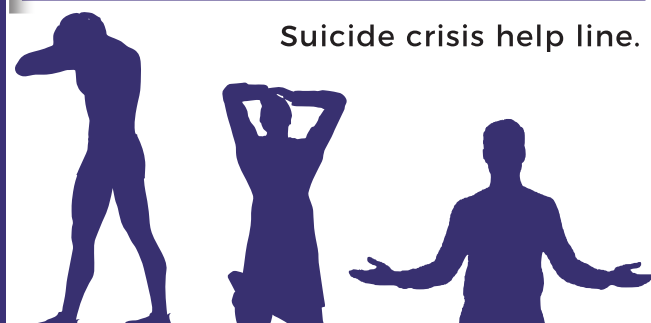
(011) 234-4837

08h00 - 20h00

www.sadag.org

SUICIDE CRISIS

Suicide crisis help line.



0800-567-567

Toll-free 24-hour helpline

www.sadag.org

TEARS FOUNDATION

A data-base comprised of a fully comprehensive network of services (medical, medico-legal, legal and psychological) for the assistance and support of survivors of rape and sexual abuse.



***134*7355#**

Accessible free of charge, through a web and/mobi-site

www.tears.co.za

GENDER-BASED VIOLENCE COMMAND CENTRE

The centre operates under the Department of Social Development. Social workers take and refer calls, and provide services to victims of gender-based violence. Calls can be directed to SAPS (10111) and field social workers to respond to victims of gender-based violence.

0800-428-428

Or SMS (PLEASE CALL ME) to *120*7867#

www.gbv.org.za

LIKE OTHERS, YOU CAN GET HELP, FIND A WAY OUT AND EXPERIENCE HEALING.