

South African Helplines

National Mental Health Information Line

0800 567 567

Organisation	Number
Advice Desk for Abused Women	031 262 9673; 031 262 9679
AIDS Helpline	0800 012 322
Alcoholics Anonymous	0861 435 722
Care Assist (health & psychiatric concerns helpline)	011 359 5000
Child Line	080 005 5555; 021 461 1114
Child Welfare	0800 435754
Compassionate Friends	011 440 6322; 082 317 4947; 021 981 9540
Domestic Violence Assistance Programme	031 260 1588
Emergency contraception helpline	0800 246 432
FAMSA	021 447 7951
Gay & Lesbian Association	011 717 4239
Lifeline	0861 322 322
Love Life Sexual Health Line	0800 121 900
Marie Stopes (abortion, family planning)	0800 11 77 85
Mental Health Info Centre	0800 600 411; 021 938 9229
Mental Health Society	011 614 9890
Narcotics Anonymous	083 900 6962
Obsessive-Compulsive Disorder Association	011 786 7030
People Opposing Women Abuse (POWA)	011 642 4345/4346
Postnatal Depression Association of SA	SMS 'help' and your name to 082 882 0072
Rape and Trauma Line	021 447 9762; 083 222 5158
SA Depression and Anxiety Group	011 262 6396
Safeline	0800 035 553
Schizophrenia Foundation of SA	0860 100 541
Sexual Health Helpline	0860 100 262
South African Social Security Agency	0800 601 011
Crisis counselling for women	0800 150 150
Western Cape Mental Health Service Directory	021 483 4003; 021 483 4270; 021 483 5660