

Adcock Ingram Depression and Anxiety Helpline

Adcock Ingram Depression and Anxiety Helpline offers emotional support to people in South Africa who are in distress or at risk of suicide.

Tel: 0800 70 80 90

Akeso Crisis Helpline

Akeso Crisis Helpline's 24-hour service provides assistance to anyone requiring emergency psychiatric assistance, crisis containment, or information about mental health and mental health services in South Africa.

Tel: 0861 435 787

Befrienders Bloemfontein

Befrienders offers 24-hour emotional support, via the crisis line and e-mail, to people experiencing feelings of distress or despair. Face-to-face counselling services are available to callers with access to Bloemfontein.

Tel: 27 (0) 51 444 5000

Befrienders Botshabelo

Befrienders Botshabelo offers free, confidential and non-judgemental emotional support to anyone who experiences emotional distress: thoughts of suicide; depression; isolation; helplessness; hopelessness.

Tel: + 27 (0) 51 532 1100

Befrienders Setshabelo

Befrienders Setshabelo offers free, confidential and non-judgemental emotional support to anyone who experiences emotional distress: thoughts of suicide; depression; isolation; helplessness; hopelessness.

Tel: +27 051 437 9280

Befrienders Kwa Nobuhle

Befrienders Kwa Nobuhle offers free, confidential and non-judgemental emotional support to anyone who experiences emotional distress: thoughts of suicide; depression; isolation; helplessness; hopelessness.

Tel: +27 (0) 41 977 3003

Befrienders Mitchell's Plain

Befrienders Mitchell's Plain offers free, confidential and non-judgemental emotional support to anyone who experiences emotional distress: thoughts of suicide; depression; isolation; helplessness; hopelessness.

Tel: +27 (0) 21 371 1481

Befrienders Uitenhage

Befrienders Uitenhage offers free, confidential and non-judgemental emotional support to anyone who experiences emotional distress: thoughts of suicide; depression; isolation; helplessness; hopelessness.

Tel: +27 (0) 41 922 0068

Befrienders Umkomaas

Befrienders Umkomaas offers free, confidential and non-judgemental emotional support to anyone who experiences emotional distress: thoughts of suicide; depression; isolation; helplessness; hopelessness.

Tel: +27 (0) 39 979 5741

ChaiFM Helpline

The ChaiFM Helpline offers a 24-hour helpline for people facing emotional distress and personal difficulties throughout South Africa. They also offer a referral service in instances where further intervention or face to face help may be required.

Tel: 0800 24 24 36

ChildLine South Africa

ChildLine provides a 24-hour toll-free helpline and supportive therapeutic social services for children who have been victims of violence, and their families.

Tel: 116

Cipla 24hr Mental Health Helpline

Cipla 24hr Mental Health Helpline offers free counselling support to people in South Africa who are in distress or at risk of suicide.

Tel: 0800 456 789

Dr Reddy's Help Line

Dr Reddy's Help Line offers emotional support to people in South Africa who are in distress or at risk of suicide.

Tel: 0800 21 22 23

Lifeline Johannesburg

Lifeline Johannesburg offers 24-hour service to people in Alexandra, Norwood, and Soweto to address the psychological and social stresses and trauma that they are struggling to deal with.

Tel: 0861 322 322

Tel: 011 728 1347

SADAG Suicide Prevention Line

South African Depression and Anxiety Group's Suicide Prevention Line offers 24-hour support to people in South Africa who are at risk of suicide.

Tel: 0800 567 567

South Africa Suicide Crisis Helpline

South Africa Suicide Crisis Helpline offers 24-hour support to people in South Africa who are in distress or at risk of suicide.

Tel: 0800 21 22 23

Tel: 0800 12 13 14

MOBIEG

MOBIEGG provides free anonymous text-based counselling & help to those in need. Online

Times: Sundays: 18h00-20h00 , Mondays to Thursdays: 19h00-21h00 (Timezone: GMT +2:00 / SAST)

Live chat helpline: <https://www.mobieg.co.za/help/>

Tears Foundation

Tears Foundation provides assistance nationwide with a 24-hour free SMS service to anyone who is a victim of rape and sexual abuse in South Africa.

Tel: *134*7355# / 010 590 5920

Email: info@tears.co.za

Careline

Careline provides 24-hour crisis support to people in South Africa who are in distress.

Tel: 082 787 6452

Tel: 082 822 7981

Suicide Hotline

Suicide Hotline provides crisis support to people in South Africa who are at risk of suicide.

Tel: 514445691

