

ARE YOU EXPERIENCING ABUSE OR VIOLENCE?

ARE YOU EXPERIENCING DEPRESSION OR SUICIDAL THOUGHTS?

DO YOU NEED TO TALK TO SOMEONE?

You are not alone!
Contact any of the numbers below
(Most are free or will call you back)

Gender-Based Violence National Hotline: *120*7867. Free, a social worker will call you back.
GBV Hotline: 0800 428 428
Stop Gender Violence – Rape Crisis: 0800 150 150
SAPS CRIME STOP: 0860 010 111
SAPS GBV-Related Complaints: 0800 333 177
Commission For Gender Equality (CGE): 0800 117 840
National AIDS Helpline: 0800 012 322
Human Trafficking Hotline: 0800 222 777
Shelters: Central Helpline: 0800 001 005
SMS, WhatsApp of Please Call Me: 082 057 8600/082 058 2215/072 230 7147
infohelpline@womenscentre.co.za
GBV Support Groups (to find or start one in your area): admin@phephisa.org.za
Childline: 0800 055 555
Disability Support: 0800 067 327
FAMSA Family Crisis: (021) 447 7951
Lifeline Counselling: 0861 322 322
South African Depression and Anxiety Group (SADAG): 0800 121 314 or 0800 567 567
Alcohol and Drug Abuse:
AA Helpline: 0861 000 234
NA Helpline: 0861 006 962
Al-anon Family Support: (021) 595 4508
Refugee Support: help.unhcr.org
LGBTI Crisis:
Uthingo Network: (033) 342 6165
LGBTI Centre Durban: (031) 312 7402
Hate Crimes Hotline: 0800 150 150

Interfaith Online Platform: interfaithgbv.org.za
WWSOSA: info@wwsosa.org.za / www.wwsosa.org.za



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