



HELPLINES SA

SADAG Offers free telephonic counselling for depression, anxiety and other mental health	Tel: 011 262 6396 <b>0800 171 17</b> (toll free from a Telkom line 24 hours a day) SMS: <b>31393</b> to request a call back email: <a href="mailto:office@anxiety.org.za">office@anxiety.org.za</a> for a counsellor to call you back.
Akeso Psychiatric Response unit 24hr	0861 435 787
Department of Social Development Substance Abuse	24hr helpline 0800 12 13 14 SMS 32312
Suicide Crisis Line	0800 567 567 SMS 31393
SAPS Crime Stop	0800 600 10111
Child Line	08000 55555
Childline Eastern Cape:	041 484 1070
Lifeline	0861 322 322
LifeLine East London:	043 743 7266
Gender Based Violence Command Centre	0800 428 428
Stop Gender Violence Helpline	0800 150 150 Or type *120*7867# and press call
Cipla 24 Hour Mental Health Helpline	0800 456 789 WhatsApp: 076 88 22 77 5
Pharmadynamics Police & Trauma Line	0800 20 50 26
Substance Abuse helpline	0800 121314 or SMS 32312
Alcoholics Anonymous SA National Helpline:	0861 435 722
Narcotics Anonymous helpline:	083 900 6962
Al-Anon (for family and friends of alcoholics) helpline:	0861 252 666
Alateen (group for young people with alcohol problems):	0861 252 666 / 021 595 450



For contraception and family planning info and services, call Marie Stopes clinics:	0800 117 785
Call the LoveLife Sexual Health line 24hours if you need help or have questions.	0800 121 900
Family and Marriage Association of South Africa (FAMSA):	011 975 7106/7
FAMSA East London:	043 743 8277
Association for the Physically Disabled - Port Elizabeth	EMAIL: info@apdnmb.org.za PHONE: (041) 484 5426
Eastern Cape Covid-19 Hotline	08000 323 64 083 378 1412
Coronavirus Emergency Hotline	0800 029 999 0800 111 132
Wellness@Work Care centre for emotional support and advice	0800205 3333
Department of health Whatsapp service for news, info and services related to Covid-19	0600 123 456