



**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 10111
- **SAPS (GBV-Related complaints):** 0800 333 177
- **CGE (Commission for Gender Equality):**
0800 007 709
- **National AIDS Helpline:** 0800 012 322
- **Human Trafficking Hotline:** 0800 222 777
- **Shelters:** Central helpline 0800 001 005,
SMS, WhatsApp or 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:** 08000 555 55

- **Disability Support:** 033 345 5088
- **FAMSA Family Crisis:** 021 447 7951
- **Lifeline Counselling:** 0861 322 322
- **Suicide, Substance Abuse and Crisis Helpline**
(SADAG): 080012 13 14 or 0800 567 567
- **Alcohol and Drug Abuse:**
AA Helpline - 0861 435 7221;
NA Helpline – 083 900 6962.
Family Support: 0861 252 666
- **Refugee support:** help.unhcr.org
- **LGBTI Crisis Helpline:**
uThingo Network, PMB 079 891 3036
LGBTI Centre Durban 076 981 1052
- **Hate Crimes Hotline:** 0800 150 150
012 315 1111
- **COVID Helpline:** 0800 029 999
- **Prayer Tree Project:** 0822 547 93

OVERLEAF: DISASTER AND EMERGENCY CONTACT NUMBERS
Funded by :



GENDER LINKS Canada
FOR EQUALITY AND JUSTICE