

useful contacts



Emergency Response (Police or Fire)	10111 From a mobile: 112
Ambulance	10177
Crime Stop	08600 10111 (anonymous reporting)
Department of Social Development Gender-based violence command centre	Call: 0800 428 428 Please call me: *120*7867# Report a case online: https://gbv.org.za/report-case/
National Women's Abuse Helpline (24hours)	0800 150 150 (confidential helpline)
Lifeline	0861 322 322 / 0800 150 150 WhatsApp 084 922 8808
Childline	0800 055 555 (toll free)
Child Abuse Badisa	Bellville: (021) 945 1064 Kraaifontein: (021) 987 2940 or 062 294 9241
Cape Town Child Welfare Society	021 638 3127
Rape Crisis (24hours)	WhatsApp counselling: 0832225164
National Shelter Movement in South Africa	Helpline: 0820578600 E – Mail: infohelpline.womencentre.co.za
Home Affairs toll free helpline	0800 601 190
SASSA toll free helpline	0800 601 011 / 0800 600 160 Grantenquiries@sassa.gov.za
SADAG Depression and anxiety	0800 21 22 23 SMS: 31393 WhatsApp: 076 882 2775
Cipla 24hour Mental health line	0800 456 789
Substance Abuse Alcoholics/Narcotics Anonymous	0861 435 722 or 0800 121 314 or 0861 006 962 SMS: 32312 WhatsApp: 076 882 2775
Red Cross: Poison Centre	0861 555 777
Suicide Hotline	0800567567
AIDS helpline	0800 012 322 WhatsApp 084 922 8808
MomConnect	*134*550# or *134*550*3# on your cell phone to receive 6 free SMSs. Or sign up at your clinic
Breastfeeding: Le Leche League	027 692 3041 to get your local group numbers