

# USEFUL CONTACTS



<b>COVID-19 National Crisis Helpline</b>	0800 029 999
<b>COVID-19 WhatsApp</b>	Message "Hi" to 0600 123 456
<b>Ambulance</b>	Landline: 10177 / Mobile: 112
<b>National Institute for Communicable Diseases</b>	For medical enquires: 0800 029 999
<b>Medical evacuation (SA Red Cross)</b>	086 116 3729
<b>Red Cross: Poison Centre</b>	0861 555 777
<b>Domestic violence</b> Stop Gender Violence helpline	0800 150 150
<b>Substance abuse</b> Alcoholics/Narcotics Anonymous	0861 435 722 or 0800 121 314 SMS 32312 or WhatsApp 076 882 2775
<b>Lifeline</b>	0861 322 322 / 0800 150 150 WhatsApp 084 922 8808
<b>Home Affairs</b> toll free helpline	0800 601 190
<b>SASSA</b> toll free helpline	0800 601 011 / 0800 600 160 Grantenquiries@sassa.gov.za
<b>Childline</b> toll free line	0800 055 555
<b>Child abuse Badisa:</b> Bellville / Kraaifontein	021 945 1064 / 021 987 2940 or 062 294 9241
<b>Cape Town Child Welfare Society</b>	021 638 3127
<b>Postnatal Depression:</b> SADAG	0800 21 22 23 SMS 31393 or WhatsApp 076 882 2775
<b>Postnatal Depression:</b> Cipla 24hr Mental health line	0800 456 789
<b>Parent Centre</b>	021 762 0116
<b>Breastfeeding:</b> Le Leche League	027 692 3041 to get your local group numbers
<b>MomConnect</b>	*134*550# or *134*550*3# on your cell phone to receive 6 free SMSs. Sign up at your clinic for the full package of SMSs
<b>AIDS</b> helpline	0800 012 322 WhatsApp 084 922 8808