



ALTERNATIVE MENTAL HEALTH RESOURCES (TELEPHONIC AND ONLINE)



Adcock Ingram Depression and Anxiety Line

0800 70 80 90 / 0800 567 567 / 0800 13 14 15
24/7

ADHD Helpline

0800 55 44 33
08:00 – 20:00

Cipla Mental Health Helpline

0800 45 67 89
24/7

ChildLine

0800 05 55 55
24/7

Gift of the Givers COVID-19 Counselling

0800 786 786
09:00-16:00 Monday to Friday

Lifeline South Africa

0861 322 322
24/7

Pharmadynamics Police & Trauma Line

0800 20 50 26
24/7

Substance Abuse

0800 12 13 14 SMS: 32312
24/7

Akeso Psychiatric Response Unit

0861 43 57 87
24/7

Befrienders Bloemfontein

Email to befriend@iafrica.com
051 444 5000
24/7

Cipla Whatsapp Chat Line

076 882 2775
09:00 – 16:00 7 days a week

Dr Reddy's Help Line

0800 21 22 23 08:00 – 20:00
0800 12 13 14 24/7

SADAG Helpline

0800 456 789 SMS: 31393
24/7

SADAG Mental Health Line

011 234 4837
24/7

SADAG Suicide Crisis Line

0800 567 567
24/7

www.mobieg.co.za (online chat, articles and app)
www.helpguide.org (online resources)

T: +27 51 401 2853 | E: scd@ufs.ac.za | www.ufs.ac.za/kovsiecounselling

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Transforming lives.*

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