

Alternative Mental Health Resources (Telephonic and Online)

- Adcock Ingram Depression and Anxiety Line 24 Hour 0800 70 80 90 or 0800 13 14 15
- ADHD Helpline (08:00 to 20:00) 0800 55 44 33
- Akeso Psychiatric Response Unit 24 Hour 0861 43 57 87
- Befrienders Bloemfontein Helpline 24 Hour 051 444 5000
- ChildLine 24 Hour 0800 05 55 55
- Cipla Mental Health Helpline 24 Hour 0800 45 67 89
- Cipla Whatsapp Chat Line (09:00 to 16:00) 076 882 2775
- Dr Reddy's Help Line (08:00 to 20:00) 0800 21 22 23
- Gift of the Givers COVID-19 Counselling (9:00 to 16:00) 0800 786 786
- Lifeline South Africa 24 Hour 0861 322 322
- Pharmadynamics Police & Trauma Line 24 Hour 0800 20 50 26
- SADAG Mental Health Line 24 Hour 011 234 4837
- SADAG Helpline 24 Hour 0800 456 789 / SMS: 31393
- Substance Abuse Line 24 Hour 0800 12 13 14 / SMS: 32312
- Suicide Crisis Line 24 Hour 0800 567 567
- www.mobieg.co.za (online chat, articles and app)
- www.helpguide.org (online resources)