



You are not alone.

Free, confidential help is available in South Africa.
Reaching out is a sign of strength, not weakness.

In immediate danger or about to hurt yourself or someone else?
Call 112 from a mobile | Police 10111 | Ambulance 10177

Talk to someone now 24-HOUR LINES

SADAG Suicide Crisis Line

Thinking about suicide or self-harm, or worried about someone.

0800 567 567

Toll-free

Cipla Mental Health Helpline

A trained counsellor for any mental health crisis.

0800 456 789

Toll-free | SMS 31393

Lifeline South Africa

Confidential emotional support and counselling.

0861 322 322

Network rates may apply

Gender-Based Violence Command Centre

If you or someone you know is unsafe at home.

0800 428 428

Toll-free

Substance Abuse Helpline

Support with alcohol or drug use, for you or someone close.

0800 12 13 14

Toll-free | SMS 32312

For learners, students & teachers

Childline South Africa

Bullying, abuse, fear, or just needing someone to talk to.

0800 055 555

24 hours | Toll-free

Destiny Helpline for Youth & Students

Exam stress, anxiety, low mood, relationships.

0800 41 42 43

8am to 8pm | Toll-free

Higher Health

For students and staff at universities and TVET colleges.

0800 36 36 36

Toll-free

Help at our school / workplace

Counsellor / support team: _____ Room / phone: _____

For information only. This is not medical advice or a counselling service and does not replace professional help.
Numbers last checked October 2026. Please verify before relying on them and tell us if a number no longer works.

Provided by NexWave Solutions



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.



You are not alone

Free, confidential help

SADAG Suicide Crisis Line	0800 567 567
Cipla Mental Health Helpline	0800 456 789
Childline (24 hours)	0800 055 555
Youth & Students (8am-8pm)	0800 41 42 43
Lifeline	0861 322 322
Emergency (mobile)	112

For information only. Not a substitute for professional help.