

SA TEEN DEPRESSION & SUICIDE FIND HELP

LIFE SAVING SUICIDE PREVENTION Treatments offered



Evidence-based drug therapy



Psychotherapy



Multidisciplinary health professional teams



Group therapy



Individual psychiatric consultations

LIFE MENTAL HEALTH UNITS

Eastern Cape

Life Huntersraig Private Hospital (PortElizabeth)
Life St Mark's Clinic* (East London)

Gauteng

Life Glynnview (Benoni)
Life New Kensington Clinic (Kensington)
Life Poortview* (Roodepoort)
Life Riverfield Lodge (Nietgedacht)
Life Carstenview (Midrand)

Western Cape

Life St Vincent's (Pinelands)

KZN

Life St Joseph's* (Durban)

* Adolescent programme offered

LIFE MENTAL HEALTH

Suicide prevention services offered



Leading provider of acute psychiatric services



9 dedicated mental health units in 4 provinces



2 dedicated adolescent mental health units*



Highly skilled and experienced mental health professionals



Voluntary and in-voluntary admissions



CALL NOW TO STOP SUICIDE

- Life Line National Counselling Line: **0861 322 322**
- Childline 24-hour toll-free helpline: **08000 55 555**
- Medical emergency - **call your local hospital emergency unit**

Disclaimer: This info-graphic does not cover every aspect of teen depression and suicide. Consult a doctor if you are concerned about depression and suicidal behaviour contact 011 219 9626 or mentalhealth.headoffice@lifehealthcare.co.za. The information is shared on condition that readers will make their own determination, including seeking advice from a healthcare professional. E&OE.
References: SADAG; Schlebusch, 2005; Alda Smitt, 2008

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