

## Emergency Units

Get help for a **mental health** emergency

Save these numbers in your phone or download and print this handy list for your fridge or noticeboard so you have them close at hand

**South African Police Services**



10111

**Childline**



0800 055 555

**South African Depression and Anxiety Group (SADAG)**



0800 21 22 23

**SADAG suicide crisis helpline (24 hours)**



0800 567 567

**Gender-based Violence Command Centre**



0800 428 428 or  
\*120\* 7867# (free)

**Women Abuse Hotline**



0800 150 150

Life Mental Health is a leading provider of private psychiatric services in South Africa, offering acute mental healthcare in a caring environment at nine facilities in Gauteng, the Eastern Cape, KwaZulu-Natal and the Western Cape. For more information, call 011 219 9626 or email [mentalhealth.headoffice@lifehealthcare.co.za](mailto:mentalhealth.headoffice@lifehealthcare.co.za)