

# Crisis Resources Guide

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## Mental Health Support in South Africa

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## Emergency: If You Are in Crisis

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If you are experiencing suicidal thoughts, self-harm urges, or a mental health emergency:

### Call Immediately (24/7, Toll-Free)

- **SADAG Suicide Crisis Helpline: 0800 567 567**
- **Cipla Mental Health Helpline: 0800 456 789**
- **Emergency Services: 10177 or 112** (from cell phone)

### Or Go To

- **Nearest hospital emergency room**
- **Police station** (they can transport you to hospital)

**You are not alone. Help is available 24 hours a day, 7 days a week.**

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## 1. 24/7 Crisis Hotlines (Toll-Free)

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These helplines are available 24 hours a day, 7 days a week, and are toll-free from anywhere in South Africa.

### SADAG Suicide Crisis Helpline

- **Phone:** 0800 567 567
- **Available:** 24/7
- **Cost:** Toll-free
- **Services:** Immediate support for anyone experiencing suicidal thoughts or emotional crisis. Trained counselors available.

### Cipla Mental Health Helpline

- **Phone:** 0800 456 789
- **SMS:** 31393
- **Available:** 24/7
- **Cost:** Toll-free
- **Services:** General mental health support for anxiety, depression, grief, and other conditions. Professional counselors available.

### Substance Abuse Helpline

- **Phone:** 0800 12 13 14

- **SMS:** 32312
- **Available:** 24/7
- **Cost:** Toll-free
- **Services:** Support for substance abuse, addiction, and recovery. Confidential counseling and referrals to treatment centers.

## LifeLine South Africa

- **Phone:** 0861 322 322
  - **Available:** 24/7
  - **Cost:** Standard call rates
  - **Services:** Crisis intervention, suicide prevention, and emotional support.
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## 2. 8AM-8PM Helplines

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These helplines operate during extended business hours (8AM-8PM, Monday-Sunday).

### SADAG Mental Health Line

- **Phone:** 011 234 4837
- **Available:** 8AM-8PM, 7 days a week
- **Cost:** Standard call rates
- **Services:** Information, referrals, and support for all mental health conditions.

### Adcock Ingram Depression Helpline

- **Phone:** 0800 70 80 90
- **Available:** 8AM-8PM, Monday-Sunday
- **Cost:** Toll-free
- **Services:** Support for depression, anxiety, and related conditions.

## Pharma Dynamics Police Trauma Helpline

- **Phone:** 0800 20 50 26
- **Available:** 8AM-8PM, Monday-Sunday
- **Cost:** Toll-free
- **Services:** Trauma counseling for police officers, security personnel, and their families.

## ADHD Helpline

- **Phone:** 0800 55 44 33
  - **Available:** 8AM-5PM, Monday-Friday
  - **Cost:** Toll-free
  - **Services:** Information and support for ADHD in children and adults.
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## 3. WhatsApp Support Lines

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Chat with trained counselors via WhatsApp during business hours.

### Cipla Mental Health WhatsApp

- **WhatsApp:** 076 882 2775
- **Available:** 8AM-5PM, Monday-Friday
- **Cost:** Free (standard data rates)
- **Services:** Chat-based mental health support for anxiety, depression, and other conditions.

### Adcock Ingram Depression WhatsApp

- **WhatsApp:** 076 014 2142
- **Available:** 8AM-5PM, Monday-Friday
- **Cost:** Free (standard data rates)
- **Services:** Chat-based support for depression and anxiety.

## SADAG WhatsApp Support

- **WhatsApp:** 076 882 2775
- **Available:** 8AM-5PM, Monday-Friday
- **Cost:** Free (standard data rates)
- **Services:** General mental health support and information.

## Stop Gender Violence Helpline

- **WhatsApp:** 072 035 3566
  - **Available:** 24/7
  - **Cost:** Free (standard data rates)
  - **Services:** Support for victims of gender-based violence, rape, and domestic abuse.
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## 4. Support Groups

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Free in-person and online support groups across South Africa.

### SADAG Support Groups

SADAG runs over 180 free support groups across South Africa for various mental health conditions:

- **Depression and Anxiety**
- **Bipolar Disorder**
- **OCD (Obsessive-Compulsive Disorder)**
- **PTSD and Trauma Recovery**
- **Grief and Bereavement**
- **Substance Abuse and Addiction**
- **Eating Disorders**
- **Schizophrenia and Psychosis**

- **Suicide Survivors** (for those who have lost someone to suicide)

### Find a support group near you:

- **Website:** [www.sadag.org/index.php?option=com\\_content&view=article&id=3118&Itemid=193](http://www.sadag.org/index.php?option=com_content&view=article&id=3118&Itemid=193)
- **Phone:** 011 234 4837 (8AM-8PM)
- **Email:** [support@sadag.org](mailto:support@sadag.org)

### Narconon Africa (Substance Abuse)

Drug-free rehabilitation and support using L. Ron Hubbard' s methods (similar to Dianetics).

- **Website:** [www.narcononafrika.org.za](http://www.narcononafrika.org.za)
  - **Phone:** 0800 22 66 48
  - **Services:** Residential rehab, outpatient support, family counseling
  - **Approach:** Drug-free, trauma-based recovery
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## 5. City-Specific Resources

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### Johannesburg (Gauteng)

#### SADAG Support Groups:

- 60+ support groups across Johannesburg, Pretoria, and Gauteng
- Topics: Depression, anxiety, bipolar, OCD, PTSD, grief, substance abuse

#### Provincial Mental Health Services:

- **Tara Hospital:** 011 535 3000 (psychiatric hospital)
- **Sterkfontein Hospital:** 011 951 8000 (psychiatric hospital)
- **Chris Hani Baragwanath Hospital:** 011 933 0000 (emergency psychiatric services)

#### Dianetics Center:

- **Church of Scientology Johannesburg**
- Address: 4 Cradock Ave, Rosebank, Johannesburg
- Phone: 011 447 8000
- Website: [www.scientology.org.za](http://www.scientology.org.za)

**For more Johannesburg resources, visit:** [www.helpanxiety.co.za/johannesburg](http://www.helpanxiety.co.za/johannesburg)

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## **Cape Town (Western Cape)**

### **SADAG Support Groups:**

- 40+ support groups across Cape Town and Western Cape
- Topics: Depression, anxiety, substance abuse, trauma, grief

### **Provincial Mental Health Services:**

- **Valkenberg Hospital:** 021 440 3111 (psychiatric hospital)
- **Lentegeur Hospital:** 021 370 1111 (psychiatric hospital)
- **Groote Schuur Hospital:** 021 404 9111 (emergency psychiatric services)

### **Dianetics Center:**

- **Church of Scientology Cape Town**
- Address: 2 St Johns Rd, Sea Point, Cape Town
- Phone: 021 434 3636
- Website: [www.scientology.org.za](http://www.scientology.org.za)

### **Substance Abuse Resources:**

- **Narconon Africa:** 0800 22 66 48 (drug-free rehab)
- **Western Cape Substance Abuse Helpline:** 0800 12 13 14

**For more Cape Town resources, visit:** [www.helpanxiety.co.za/cape-town](http://www.helpanxiety.co.za/cape-town)

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## **Durban (KwaZulu-Natal)**

### **SADAG Support Groups:**

- 30+ support groups across Durban and KwaZulu-Natal
- Topics: Depression, anxiety, HIV/AIDS mental health, grief, trauma

#### **Provincial Mental Health Services:**

- **Town Hill Hospital:** 033 395 2111 (psychiatric hospital)
- **King Edward VIII Hospital:** 031 360 3111 (emergency psychiatric services)
- **Addington Hospital:** 031 327 2000 (emergency psychiatric services)

#### **Dianetics Center:**

- **Church of Scientology Durban**
- Address: 20 Buckingham Terrace, Westville, Durban
- Phone: 031 266 2499
- Website: [www.scientology.org.za](http://www.scientology.org.za)

**For more Durban resources, visit:** [www.helpanxiety.co.za/durban](http://www.helpanxiety.co.za/durban)

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## **Pretoria (Tshwane)**

#### **SADAG Support Groups:**

- 25+ support groups across Pretoria and Tshwane
- Topics: Depression, anxiety, student mental health, work stress, PTSD

#### **Provincial Mental Health Services:**

- **Weskoppies Hospital:** 012 319 8000 (psychiatric hospital)
- **Kalafong Hospital:** 012 318 0111 (emergency psychiatric services)
- **Steve Biko Academic Hospital:** 012 354 1000 (emergency psychiatric services)

#### **Dianetics Center:**

- **Church of Scientology Pretoria**
- Address: 307 Bronkhorst St, Nieuw Muckleneuk, Pretoria
- Phone: 012 460 7404
- Website: [www.scientology.org.za](http://www.scientology.org.za)

**For more Pretoria resources, visit:** [www.helpanxiety.co.za/pretoria](http://www.helpanxiety.co.za/pretoria)

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## **Gqeberha / Port Elizabeth (Eastern Cape)**

### **SADAG Support Groups:**

- 15+ support groups across Gqeberha and Eastern Cape
- Topics: Depression, anxiety, unemployment stress, substance abuse

### **Provincial Mental Health Services:**

- **Fort England Hospital:** 046 602 2111 (psychiatric hospital)
- **Livingstone Hospital:** 041 405 2111 (emergency psychiatric services)
- **Dora Nginza Hospital:** 041 406 4111 (emergency psychiatric services)

**For more Gqeberha resources, visit:** [www.helpanxiety.co.za/gqeberha-port-elizabeth](http://www.helpanxiety.co.za/gqeberha-port-elizabeth)

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## **6. Dianetics Centers in South Africa**

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Dianetics offers a drug-free approach to mental health through auditing and self-help techniques.

### **Johannesburg**

- **Church of Scientology Johannesburg**
- Address: 4 Cradock Ave, Rosebank, Johannesburg, 2196
- Phone: 011 447 8000
- Email: [info@scientology.org.za](mailto:info@scientology.org.za)
- Website: [www.scientology.org.za](http://www.scientology.org.za)

### **Cape Town**

- **Church of Scientology Cape Town**
- Address: 2 St Johns Rd, Sea Point, Cape Town, 8005

- Phone: 021 434 3636
- Email: [info@scientology.org.za](mailto:info@scientology.org.za)
- Website: [www.scientology.org.za](http://www.scientology.org.za)

## Durban

- **Church of Scientology Durban**
- Address: 20 Buckingham Terrace, Westville, Durban, 3629
- Phone: 031 266 2499
- Email: [info@scientology.org.za](mailto:info@scientology.org.za)
- Website: [www.scientology.org.za](http://www.scientology.org.za)

## Pretoria

- **Church of Scientology Pretoria**
- Address: 307 Bronkhorst St, Nieuw Muckleneuk, Pretoria, 0181
- Phone: 012 460 7404
- Email: [info@scientology.org.za](mailto:info@scientology.org.za)
- Website: [www.scientology.org.za](http://www.scientology.org.za)

## Online Resources

- **Dianetics Website:** [www.dianetics.org](http://www.dianetics.org)
  - **Book:** “Dianetics: The Modern Science of Mental Health” by L. Ron Hubbard
  - **Free Online Course:** [www.scientology.org/courses/dianetics/overview.html](http://www.scientology.org/courses/dianetics/overview.html)
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## 7. When to Seek Emergency Help

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Go to the emergency room or call <sup>10177</sup>/<sub>112</sub> immediately if you or someone you know:

- Has a plan to commit suicide

- Is actively self-harming or has self-harmed
- Is experiencing psychosis (hallucinations, delusions, paranoia)
- Is severely disoriented or confused
- Is a danger to themselves or others
- Has overdosed on medication or substances
- Is experiencing severe panic or anxiety that won't subside

**DO NOT:**

- Leave the person alone
- Wait to see if it gets better
- Assume they are “just seeking attention”
- Try to handle a severe crisis alone

**DO:**

- Call for professional help immediately
- Stay with the person until help arrives
- Remove any means of self-harm (weapons, medications, sharp objects)
- Listen without judgment
- Reassure them that help is available

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## 8. How to Help Someone in Crisis

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### If Someone Tells You They Are Suicidal:

**DO:**

1. **Take it seriously** - Never dismiss or minimize suicidal thoughts
2. **Listen without judgment** - Let them express their feelings
3. **Ask directly** - “Are you thinking about suicide?” (asking does NOT increase risk)
4. **Stay with them** - Do not leave them alone

5. **Remove means** - Remove access to weapons, medications, sharp objects
6. **Get professional help** - Call crisis hotline or go to emergency room
7. **Follow up** - Check in regularly after the crisis

#### **DON' T:**

1. **Don' t promise to keep it secret** - Their safety is more important
2. **Don' t argue or debate** - Don' t try to convince them life is worth living
3. **Don' t act shocked** - Stay calm and supportive
4. **Don' t leave them alone** - Stay until professional help arrives
5. **Don' t minimize** - Don' t say "it could be worse" or "you have so much to live for"

#### **Warning Signs of Suicide Risk:**

- Talking about wanting to die or kill themselves
- Looking for ways to kill themselves (searching online, acquiring weapons)
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Increasing use of alcohol or drugs
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and sleeping habits
- Taking risks that could lead to death
- Giving away prized possessions
- Saying goodbye to loved ones
- Putting affairs in order, making a will
- Extreme mood swings

**If you see these signs, take action immediately. Call 0800 567 567 or go to the emergency room.**

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# Additional Resources

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## Mental Health Organizations

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

- Website: [www.sadag.org](http://www.sadag.org)
- Phone: 011 234 4837 (8AM-8PM)
- Email: [support@sadag.org](mailto:support@sadag.org)
- Services: Information, referrals, support groups, crisis intervention

### South African Federation for Mental Health (SAFMH)

- Website: [www.safmh.org](http://www.safmh.org)
- Phone: 011 781 1852
- Services: Advocacy, education, community programs

### Mental Health Matters Journal

- Website: [www.mentalhealthmatters.co.za](http://www.mentalhealthmatters.co.za)
- Services: Research, articles, mental health information

## Government Services

### Department of Health Mental Health Directorate

- Website: [www.health.gov.za](http://www.health.gov.za)
- Phone: 012 395 8000
- Services: Public sector mental health services, policy information

### South African Police Service Trauma Management

- Phone: 0800 20 50 26
- Services: Trauma counseling for police and security personnel

## International Resources

### International Association for Suicide Prevention

- Website: [www.iasp.info](http://www.iasp.info)
- Services: Global suicide prevention resources

### World Health Organization (WHO) Mental Health

- Website: [www.who.int/mental\\_health](http://www.who.int/mental_health)
  - Services: Global mental health information and resources
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## About HelpAnxiety.co.za

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HelpAnxiety.co.za is an independent mental health information website dedicated to providing objective, research-based information about all mental health treatment options available in South Africa.

**Our Mission:** We examine every mental health solution available to South Africans—from psychiatry and psychology to traditional healing (sangomas) and faith-based counseling (pastors). We analyze the evidence, compare the outcomes, and explain the costs. We don't come here to promote any solution because we're selling it. We're here to study what works.

### What We Cover:

- Psychiatric medication (SSRIs, antidepressants, benzodiazepines)
- Psychotherapy (CBT, talk therapy, trauma counseling)
- Traditional healing (sangomas, inyangas)
- Faith-based counseling (pastors, Christian counseling)
- Alternative treatments (hypnosis, acupuncture)
- Dianetics (drug-free trauma resolution)

**Visit us at:** [www.helpanxiety.co.za](http://www.helpanxiety.co.za)

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# Disclaimer

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This guide is for informational purposes only and does not constitute medical advice. Always consult with a qualified healthcare professional for mental health concerns.

**If you are experiencing a mental health crisis or having suicidal thoughts, call 0800 567 567 immediately or go to the nearest emergency room.**

**Published by HelpAnxiety.co.za**

**Crisis Hotline:** 0800 567 567 (24/7)

**Website:** [www.helpanxiety.co.za](http://www.helpanxiety.co.za)

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**You are not alone. Help is available. Recovery is possible.**

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