

Emergency Contacts

- 24 Hour National Gender Based Violence command centre: 0800 428 428
- ChildLine Gauteng - <https://childlinegauteng.co.za/> , 08000 55 555
- Child Welfare South Africa - <http://childwelfare.org.za/> , 087 822 1516
- Families South Africa (Famsa) - <https://famsa.org.za/> , 011 975 7106/7
- RapeCrisis - <https://rapecrisis.org.za/> , 021 447 9762 / 0861 322 322
- Women & Men Against Child Abuse - <http://www.wmaca.org/> , 011 789 8815
- Befrienders,Bloemfontein - <https://www.therapyroute.com/therapist/befrienders-bloemfontein-bloemfontein-za> , 051 444 5000
- ChaiFM Helpline - 0800 24 24 36
- South African Depression & Anxiety Group - <http://www.sadag.org/> 0800 567 567

- LifeLine (Counselling) - <https://www.lifelinejhb.org.za/contact-us.ashx> , 065 989 9238
- Cipla 24hr Mental Health Helpline - 0800 456 789
- Tears Foundation (free SMS helpline) - *134*7355#
- Toll Free Crisis Line - 086 157 4747
- SAPS Emergency Services: 10111
- Childline South Africa: 0800 055 555
- South African Police Service: 086 00 10111
- Legal Aid South Africa: 0800 110 110
- Commission for Gender Equality to report Gender Discrimination and Abuse: 0800 007 709
- South African Human Rights Commission: 011 877 3600
- Domestic violence Helpline: 0800 150 150
- AIDS Helpline: 0800 012 322
- Anonymous Crime Stop SMS Hotline: 32211