



HELPLINES

Police Flying Squad: 10111

Ambulance: 10177

Life Line Southern Africa

Lifeline offers free, anonymous counseling over the phone 24 hours a day, 7 days a week, 365 days a year

National Counselling Line: 0861 322 322

Childline South Africa

Childline employs trained counselors who assist abused children, young people and their families.

24-hour toll-free helpline: 0800 055 555

SA National Council for Child Welfare

Co-ordinates the 177 affiliated child welfare societies and organisations.

National: (011) 339 5741

Police Child Protection Units

These special police units investigate violent crimes against children. The list of the 45 units around the country is available from the following link:

http://www.speakout.org.za/legal/police/police_childprot.htm

People Opposed to Woman Abuse (Powa)

POWA offers shelter and counselling services to women who have been raped and/or are in abusive relationships.

Helpline: (011) 642 4345

Alcoholics Anonymous SA

Johannesburg: (011) 436 0116

Cape Town: (021) 592 5047

Durban: (031) 301 4959

Al-Anon

Support group for families and friends of alcoholics

Main office: (021) 591 6847

Narcotics Anonymous SA

A support group for recovering drug addicts.

Cape Town helpline: 0881 30 03 27

Johannesburg helpline: (011) 485 5248

SA Depression & Anxiety Group

This organization can assist with information and counselling regarding depression and anxiety issues.

Help line: (011) 783 1474 (8am - 7pm Monday to Saturday)

Family and Marriage Association of SA

Famsa supports families through stressful situations

National office: (011) 975 7106/7

Marie Stopes Clinics

These clinics are based around South Africa and offer safe abortions and family planning services.

Toll free: 0800 11 77 85

National: (011) 838 3271

Emergency Contraception Hotline

24-hour toll-free hotline for information on emergency contraception.

Toll-free Helpline: [0800 246 432](tel:0800246432)