



## St Teresa's School Wellness

- Founded by the Sisters of Mercy in 1930 -

List of contact details for situations where people are in distress.

### Suicide & Crisis Lines

- **South African Depression & Anxiety Group - SADAG**

SADAG is Africa's largest mental health support and advocacy group.

**Landline: (011) 234 4837**

**[0800 567 567](tel:0800567567) (Suicide)**

**[0800 456 789](tel:0800456789) (CIPLA Mental Health Helpline)**

**Sms: 31393**

**Whatsapp chat line 8am-5pm : Cipla chat line [076 882 2775](tel:0768822775)**

**Maybelline Brave Together [087 163 2030](tel:0871632030)**

- **FAMSA**

Advice on family relationships

**011 975 710**

- **Life Line**

Mental and Emotional help for all

24 Hour Counselling line:

**011 422 4242**

**[0861 322 322](tel:0861322322)**

- **Akeso Psychiatric Response Unit 24 Hour**

The hotline is manned by experienced counselling staff, who are trained to contain and manage the immediate crisis, provide transportation and arrange the required admission to the nearest Psychiatric Clinic, if so required. If the caller is in crisis, the intervention vehicle is dispatched, but if it is not an emergency, the caller is transferred to a registered counsellor for counselling and an appropriate referral.

**[0861 4357 87](tel:0861435787)**

## Domestic & Sexual Violence

- **People Opposed to Woman Abuse (Powa)**

Gauteng-based organisation offering shelter and counselling services to women in abusive relationships, rape survivors, survivors of incest etc. POWA is a “feminist, women’s rights organisation that provides both services, and engages in advocacy in order to ensure the realisation of women’s rights and thereby improve women’s quality of life”.

**083 765 1235**

## Alcohol & Substance Abuse

- **Department of Social Development Substance Abuse Line 24hr helpline**

For alcohol and substance abuse rehabilitation and helpline.

**0800 12 13 14**

- **Alcoholics Anonymous South Africa**

Worldwide fellowship for alcoholics supporting those choosing to be sober. Only requirement for membership is a desire to stop drinking.

**0861 435 722**

- **Al-Anon**

Al-Anon Family Groups is for the families and friends of problem drinkers, with a special section – Alateen – for children of alcoholics, and a group for adult children of alcoholics.

**0861 25 26 66**

- **SA National Council on Alcoholism and Drug Dependence**

Sanca provides specialised and affordable prevention and treatment services for alcohol and other drug dependence. A national body established in 1956, it has independently operated societies and counselling centres in all nine provinces.

**08611 73422**

- **Narcotics Anonymous SA**

NA is a non-profit organisation for recovering drug addicts who meet regularly to help each other stay clean.

**0881 30 03 27**

## Gender Based Violence

- **Gender-based Violence Line**

The 24-hour hotline offers counselling for those who have been physically, emotionally, sexually or financially abused. You can also visit your nearest Lifeline centre.

**0800 012 322**