

Toll-free emergency assistance lines for mental wellness support

If you are concerned about your own or a loved one's mental health, do not delay seeking assistance from your closest medical emergency unit.

Alternatively, you can contact the following toll-free lines:

South African Depression and Anxiety Group (SADAG)

0800 708 090

SADAG Suicidal Emergency Number

0800 567 567

Life-Line National Counselling Line

0861 322 322