

SADAG Mental Health Line

011 234 4837

Suicide Crisis Line

0800 567 567

Department of Social Development Substance Abuse Line 24hr helpline

0800 12 13 14 SMS 32312

University of Cape Town Helpline

0800 24 25 26

24 hours

University of Pretoria Student Careline

0800 747 747

24 hours

Tshwane University of Technology Student Helpline

0800 68 78 88

24 hours

University of Western Cape Student Helpline

0800 22 23 33

24 hours

Discovery Medical Students & Young Doctors Helpline

0800 323 323

24 hours

Dr Reddy's Help Line

0800 21 22 23

Cipla 24hr Mental Health Helpline

0800 456 789

Pharmadynamics Police &Trauma Line

0800 20 50 26

Adcock Ingram Depression and Anxiety Helpline

0800 70 80 90

ADHD Helpline

0800 55 44 33