



ARE YOU EXPERIENCING
ABUSE or VIOLENCE
IN ANY FORM?



ARE YOU EXPERIENCING
DEPRESSION OR SUICIDAL THOUGHTS?

DO YOU NEED TO
TALK TO SOMEONE?

DO NOT DESPAIR! You are not alone!

*Contact any of the numbers below:
(Most are free or will call you back)*

- **Gender-Based Violence National Hotline:**
***120*7867#**
Free platform. A social worker will call you back.
- **GBV Hotline: 0800 428 428**
- **Stop Gender Violence – Rape Crisis: 0800 150 150**
- **SAPS Crime Stop: 0860 10111**
- **SAPS (GBV-Related complaints): 0800 333 177**
- **CGE (Commission for Gender Equality):**
0800 007 709
- **National AIDS Helpline: 0800 012 322**
- **Human Trafficking Hotline: 0800 222 777**
- **Shelters:** Central helpline **0800 001 005**,
SMS, WhatsApp or Please Call Me:
082 057 8600 / 082 058 2215 / 072 230 7147
infohelpline@womenscentre.co.za
- **GBV Support Groups (to start one in your area):**
admin@phephisa.org.za
- **Childline: 08000 555 55**
- **FAMSA Family Crisis: 021 447 7951**
- **Lifeline Counselling: 0861 322 322**
training@lifelinedurban.org.za
- **Suicide, Substance Abuse and Crisis Helpline**
(SADAG): **080012 13 14, 080021 22 23 or 0800 567 567**
- **Substance Abuse Helpline:**
AA Helpline - 0861 435 7221;
NA Helpline – 083 900 6962.
- **Substance Abuse – Family Support** Alanon:
0861 252 666
- **LGBTI Crisis Helpline:**
079 891 3036 (uThingo Network, PMB)
076 981 1052 (LGBTI Centre Durban)
- **Hate Crimes Hotline: 0800 150 150**
012 315 1111
- **COVID Helpline: 0800 029 999**
- **People with Disabilities (Create) 066 496 6073**
- **KZN Prayer Tree Project: 082 254 7939**

We Will Speak Out SA and KZN Network on Violence Against Women



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