



Health and Wellness

The contacts listed are for national health and wellness organisations. Please contact them directly should you need to meet them face to face.

Alcoholics Anonymous SA

Helpline 0861 HELPAA (435 722)

Website www.aasouthafrica.org.za

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober.

Al-Anon

Helpline 0861 ALANON (252 666)

Website www.alanon.org.za

Al-Anon Family Groups offer understanding, help and support to the families of problem drinkers.

Family & Marriage Association of SA (FAMSA)

National Office 011 975 7106

Website national@famsa.org.za

Committed to promoting family well-being. Empowering people to build, reconstruct and maintain sound relationships, in the family, in marriage and in the communities.

Gender based violence helpline

Helpline 0800 428 428

In trying to address the scourge of gender based violence the 24-hour call centre is dedicated to provide support and counselling to victims of gender based violence.

Lifeline SA

Helpline 0861 322 322

Website www.lifeline.org.za

24 hour service for callers to discuss a range of challenges from trauma and suicide to relationship issues.

National Aids helpline

0800 012 322

An organisation that cares for the people of South Africa, especially those living with HIV/AIDS.

Narcotics Anonymous SA

Helpline 083 900 MY NA (69 92) Website www.na.org.za

A non-profit fellowship of men and women for whom drugs had become a major problem. Recovering addicts meet regularly to help each other to stay clean.

People Opposed to Woman Abuse

Helpline 083 765 1235 Website www.powa.co.za

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".

SA Depression and Anxiety Group

Helpline 0800 121 314 Website www.sadag.org

SADAG is Africa's largest mental health support and advocacy group. On their website you will find comprehensive mental health information and resources to help a family member or loved one.

SA National Council on Alcoholism & Drug Abuse (SANCA)

Helpline 086 14 SANCA (72622) Website www.sancanational.org

South African Police Services

Emergency no 10111

Crime stop 08600 10111

Stop Gender Abuse

Helpline 0800 150 150 Run by Lifeline SA

Gender-based violence is an act of violence committed against women, men, boys or girls, which often takes the form of abuse within relationships.

Gender-based violence can take many forms; these include: Rape and/or sexual abuse, Physical, emotional and economic abuse, sexual harassment, Stalking, Child abuse, Femicide, Incest