

SADAG

# HELPLINES

SUICIDE CRISIS HELPLINE

0800 567 567

24  
hours

DR REDDY'S  
MENTAL HEALTH HELPLINE

0800 21 22 23

8am-  
8pm

CIPLA  
MENTAL HEALTH HELPLINE

0800 456 789

24  
hours

CIPLA  
WHATSAPP CHAT LINE

076 882 2775

9am-  
4pm

DEPT SOCIAL DEVELOPMENT  
SUBSTANCE ABUSE HELPLINE

0800 12 13 14

24  
hours

ADCOCK INGRAM  
DEPRESSION & ANXIETY HELPLINE

0800 70 80 90

8am-  
8pm



[WWW.SADAG.ORG](http://WWW.SADAG.ORG)

SMS - 31393

24  
hours



SADAG contact details:

- Website: [www.sadag.org](http://www.sadag.org)
- Facebook: [@TheSADAG](https://www.facebook.com/TheSADAG)
- Twitter: [@TheSADAG](https://twitter.com/TheSADAG)
- Instagram: [@sadag\\_official](https://www.instagram.com/sadag_official)
- Sms: 31393