



# South African Family Support Hotline Numbers



Support service	Contact
Childline	0800 055 555
Lifeline	0861 322 322
National Human Trafficking Hotline	0800 222 777
Gender-based violence	0800 150 150 0800 428 428 or *120*7867#
Suicidal emergency	0800 567 567 or sms 31393 0800 456 789 (24 h helpline)
Covid-19	National: 0800 029 999 or 0800 111 132 Western Cape: 021 928 4102
Reporting crime	086 00 10111
Person with disabilities	SMS help to 31531
Support to SMMEs in distress	0860 663 7867 or email info@dsbd.gov.za

[www.ezrah.co.za/resources](http://www.ezrah.co.za/resources)