

## HELPLINE NUMBERS

### 24-HOUR TOLL-FREE EMERGENCY HELPLINES

**SADAG Suicide Helpline**  
0800 567 567

**SADAG Substance Abuse Helpline**  
0800 12 13 14  
SMS 32312

**Healthcare Workers Care Network Helpline**  
0800 21 21 21  
SMS 43001

**MPS ICAS Helpline**  
0800 999 050

**NPower SA Helpline**  
0800 515 515  
SMS 43010

**UFS #Fair Kitchens Chef Helpline**  
0800 006 333



## SADAG HIGHER LEARNING STUDENT & STAFF SUPPORT HELPLINES

### DISCOVERY MEDICAL STUDENTS AND YOUNG DOCTORS HELPLINE

0800 323 323

### HIGHER HEALTH HELPLINE (24/7)

0800 36 36 36 / SMS 43336

### MOTSEPE FOUNDATION BURSARY STUDENTS

0800 000 242 / WHATSAPP 087 163 2050 (8/5)

### STADIO STUDENT HELPLINE (24/7)

0800 41 42 43

### TSHWANE UNIVERSITY OF TECHNOLOGY (TUT) (24/7)

0800 687 888

### TSHWANE UNIVERSITY OF TECHNOLOGY STAFF (TUT) (24/7)

0800 004 333 / SMS 43323 / WHATSAPP 087 163 2050 (8/5)

### UNIVERSITY OF CAPE TOWN (UCT) STUDENTS (24/7)

0800 24 25 26

### UNIVERSITY OF CAPE TOWN (UCT) STAFF (24/7)

0800 171 171 / SMS 43301

### UNIVERSITY OF FREE STATE (UFS) (24/7)

0800 00 63 63 / SMS 43302

### UNIVERSITY OF PRETORIA (UP) (24/7)

0800 747 747

### UNIVERSITY OF THE WESTERN CAPE (UWC) (24/7)

0800 222 333

**VISIT OUR WEBSITE**  
[WWW.SADAG.ORG](http://WWW.SADAG.ORG)

**WHATSAPP**  
087 163 2050 / 076 882 2775  
8AM - 5PM 7 Days a Week

## HELPLINE NUMBERS

### 8AM-8PM TOLL-FREE HELPLINES

**Cipla Mental Health Helpline**  
0800 456 789  
SMS 31393

**Adcock Ingram Depression & Anxiety Helpline**  
0800 70 80 90

**ADHD Helpline**  
0800 55 44 33

**Pharma Dynamics Police & Trauma Helpline**  
0800 20 50 26

### 8AM -8PM SADAG OFFICE NUMBER

**SADAG**  
011 234 4837

**8AM -5PM SADAG**  
**WHATSAPP NUMBER 7 Days a Week**

087 163 2050 / 076 882 2775