

Suicide prevention strategies

Useful numbers

Dr Reddy's Help Line/ SADAG (The South African Depression and Anxiety Support Group)

0800 21 22 23

Pharmadynamics Police & Trauma Line

0800 20 50 26

Adcock Ingram Depression and Anxiety Helpline

0800 70 80 90

(Note: these numbers worked when we phoned them. If you provide a service and would like me to add it to this list- please let me know)