



SEFAKO MAKGATHO
HEALTH SCIENCES UNIVERSITY

SUICIDE PREVENTION

Immediate Physical medical response:

Security control room: (24/7) 012 521 4139 (Ambulance)

Psycho Social Support | Office Hours per appointment:

SSRU (Life Coach): 072 687 1898 (What's app only)
corlia.dupreez@smu.ac.za

Clinical Psychologist: molebogeng.moholog@smu.ac.za
012 521 3806

Social Worker: Mashudu.muthala@smu.ac.za
012 529 4579

National Number:

Suicide Crisis Line: 0800 567 567 OR SMS 31393

SADAG Mental Health Line: 011 234 4837
0800 21 22 23 (8am to 8pm)
0800 12 13 14 (8pm to 8am) or SMS 31393

SA Depression and Anxiety Group:

24hr Helpline 0800121314 or SMS 31393 (for a callback request)
Website: www.sadac.org

LifeLine Southern Africa:

24-hour crisis intervention service. Offers free, confidential telephone counselling, rape counselling, trauma counselling, Aids counselling, and a range of other services.

National counselling line: 0861-322-322
www.lifeline.org.za