

# SUICIDAL?

24/7 Help available

**SADAG Helpline**



**0800 12 13 14**

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**SADAG Suicide Crisis Line**



**0800 567 567 or SMS 31393**

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**Lifeline**



**011 728 1347 or 0861 322 322**

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**Akeso Psychiatric Response Unit**



**0861 435 787**