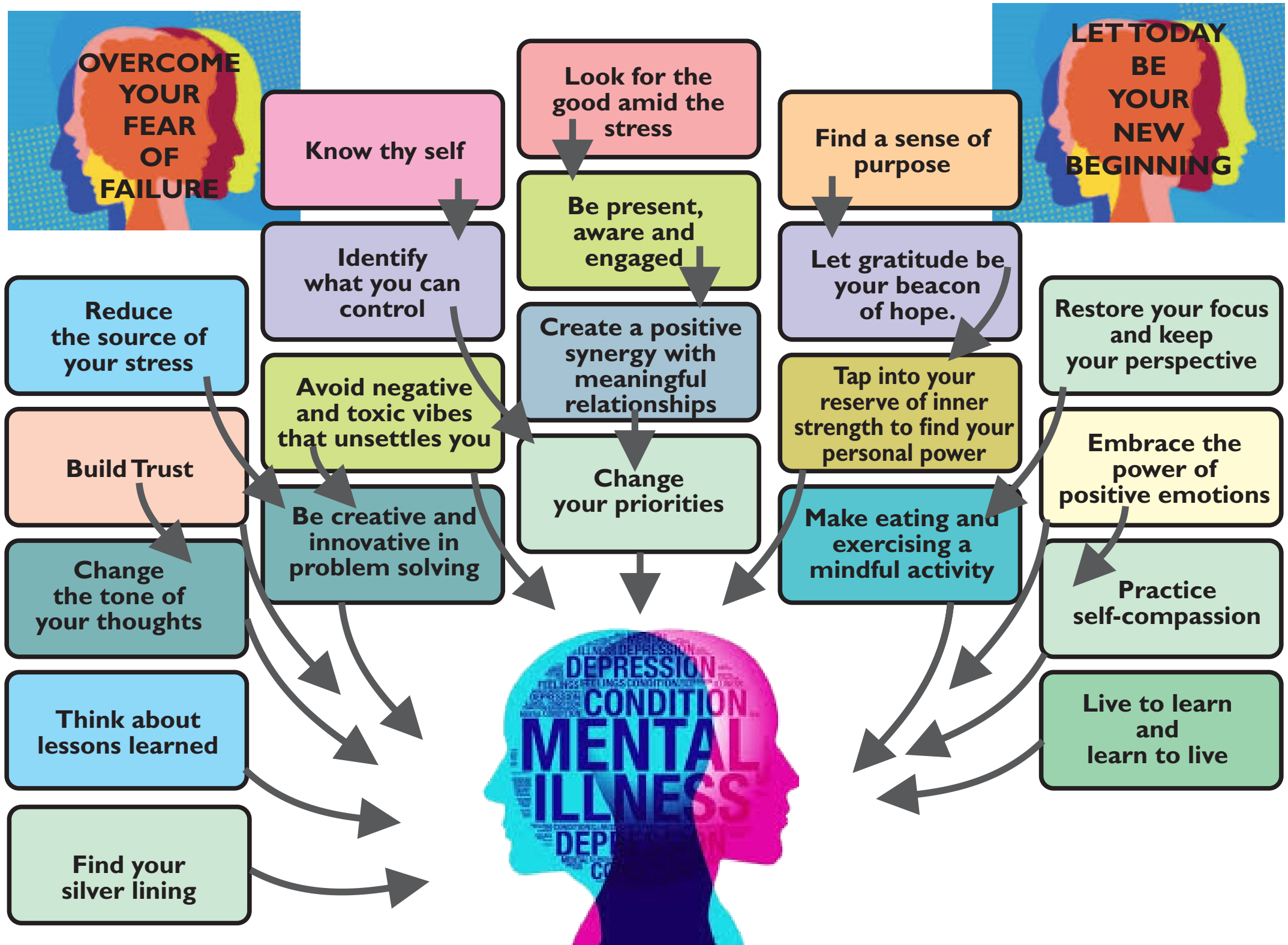


YOUR MENTAL HEALTH MATTERS



BUILD YOUR RESILIENCE TO GET AHEAD



HELPLINES

SA DEPRESSION & ANXIETY GROUP
LIFELINE
PSYCHOLOGIST: N NYAWOSE
PSYCHOLOGIST: C JORDAN
PSYCHOLOGIST: CB MCINTOSH
CORONAVIRUS 24HR HOTLINE
COVID WHATSAPP NO.

0800212223
0861322322
(SMS) 0732099274
(SMS) 0823313434
0312027960
0800029999
0600123456

SUICIDE HELPLINE
GBV COMMAND CENTRE
SOUTH AFRICAN POLICE SERVICE
HIGHER HEALTH MENTAL HEALTH HELPLINE
EMPLOYEE WELLNESS PROGRAMME

0800567567
0800428428
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