

LIST OF RESOURCES TO INCLUDE IN THE SURVEY:

Do you need to talk further and find support about experiences of domestic violence and women abuse? Please see below for useful resources:

PEOPLE OPPOSED TO WOMEN ABUSE:

“To be a feminist organisation that provides professional services that comprise of advocacy, training, psycho-social support, legal and sheltering to survivors of violence.”



<https://www.powa.co.za/POWA/>



info@powa.co.za



011 642 4345



@POWA_ZA

[Lockdown Counselling Number: 076 694 5911](#)

FAMILIES SOUTH AFRICA :

Counseling and education to help improve marriages and families.

“Our mission is to support individuals, families, organisations and society to build, restore and sustain functional relationships.”



<https://www.facebook.com/famsanationalofficial/>



national@famsa.org.za



011 975 7106/7



@FAMSA_National

TEARS FOUNDATION:

TEARS Foundation provides access to crisis intervention, advocacy, counselling, and prevention education services for those impacted by domestic violence, sexual assault and child sexual abuse.



<http://www.tears.co.za/>



info@tears.co.za



010 590 5920



@Tears_SA

Free SMS helpline: *134*7355#

THE TRAUMA CENTRE:

The Trauma Centre for Survivors of Violence and Torture is a non-governmental human rights organisation that utilises inclusive evidence-based healing processes to address the psychosocial needs of our multiply wounded society.



<https://traumacentre.org.za/>



info@trauma.org.za



021 465 7373



@traumacentre

THUTHUZELA CARE CENTRES:

Thuthuzela Care Centres (TCCs) are one-stop facilities that have been introduced as a critical part of South Africa's anti-rape strategy, aiming to reduce secondary victimisation and to build a case ready for successful prosecution. It also provides access to information on gender-based violence.



<https://www.gov.za/TCC>



See for contact details per region:

https://www.gov.za/sites/default/files/gcis_speech/THUTHUZELA%20Care%20Centres.pdf

SAFERSPACES:

SaferSpaces is an interactive platform run by and for community safety and violence prevention practitioners in South Africa to connect, share knowledge and learn from each other.



<https://www.saferspaces.org.za/understand/entry/gender-based-violence-in-south-africa>



contact@saferspaces.org.za



@safer_spaces

Department of Social Development: The Gender-Based Violence Command Centre (GBVCC):

A Government programme committed to intensify and accelerate efforts to achieve the elimination of all forms of violence against women and children. This prompted the South African Government to investigate the root and underlying causes of Gender Based Violence, and develop a national action plan that will ensure a stronger, collaborative and more focused response to violence against women and children.



<http://gbv.org.za/>

CHILD WELFARE SOUTH AFRICA:

Child Welfare South Africa focuses on child protection, child care and family development. Neglect and child abuse can also be reported. Their mission is to promote, protect and enhance the safety, well-being and healthy development of children



<http://childwelfare.org.za/>



info@childwelfare.co.za



074 080 8315



@childwelfare_sa

CHILDLINE SOUTH AFRICA:

This non-profit organisation helps abused children and their families with a free counselling service. It deals with issues such as physical and sexual abuse, substance abuse, behavioural problems and trafficking, and gives legal advice.



<https://www.childlinesa.org.za/>



olcadmin@childlinesa.org.za

reception@childlinekzn.org.za



Free-toll helpline: 0800 055 555



@ChildlineSA

Childline KwaZulu Natal: 0313 120 904

HELPLINES and EMERGENCY LINES:

SAPS Emergency: 10111

Gender-Based Violence Command Centre: 0800 428 428

STOP Gender Violence Helpline: 0800 150 150/ *120*7867#

More hotline numbers here: <https://genderjustice.org.za/helpline-numbers/>

LIFELINE:

Building community heart: should you or a loved one need trauma counselling or support please contact lifeline or a local office to set up a face to face counselling session.

You are not alone – let us help you.



<http://www.lifelinesa.co.za/>



0861 322 322



@buildingheart

Do you feel stressed, anxious, depressed, have dark thoughts or know someone in that case? You can find support with the organisations below.

THE SOUTH AFRICAN DEPRESSION & ANXIETY GROUP:



SADAG is a non-profit organisation and Africa’s largest mental health support and advocacy group. SADAG has on its Board a powerful team of patients, psychiatrists and psychologists which help you finding comprehensive mental health information and resources to help you, a family member or loved one.



www.sadag.org



@TheSADAG

<p>SUICIDE CRISIS HELPLINE</p> <p>0800 567 567</p> <p>24 hours</p>	<p>DR REDDY'S MENTAL HEALTH HELPLINE</p> <p>0800 21 22 23</p> <p>8am-8pm</p>
<p>CIPLA MENTAL HEALTH HELPLINE</p> <p>0800 456 789</p> <p>24 hours</p>	<p>CIPLA WHATSAPP CHAT LINE</p> <p>076 882 2775</p> <p>9am-4pm</p>
<p>DEPT SOCIAL DEVELOPMENT SUBSTANCE ABUSE HELPLINE</p> <p>0800 12 13 14</p> <p>24 hours</p>	<p>ADCOCK INGRAM DEPRESSION & ANXIETY HELPLINE</p> <p>0800 70 80 90</p> <p>8am-8pm</p>

KZN MENTAL HEALTH ADVOCACY GROUP:



A network of people who champion mental health, made up of healthcare workers, patients, families, NGOs, public & private sector. We advocate for better services in KwaZulu-Natal, South Africa, and we help create awareness of mental health and substance abuse problems, and the options that are available for treatment, rehabilitation, and care.



<https://kznmentalhealth.org/>



mhadvocacygroup@gmail.com



031 242 6180



@mental_advocacy