

# Official Toll Free Call Center 0800 029 999

Clinicians Hotline:  
082 883 9920

## Official WhatsApp Help Service

Send HI to **0600 123 456** on WhatsApp.  
or share this link: <https://wa.me/27600123456?text=Hi>

## Social Relief of Distress

Applications could be made by either calling 0800 60 10 11 or by sending an email to [grantenquiries@sassa.gov.za](mailto:grantenquiries@sassa.gov.za)

Sassa also has contact staff in every province, to try and relieve the congestion at the national call center. The contact numbers are as follows

### National SASSA call center: 0600 60 10 11

- **Eastern Cape** – 043 707 6300
- **Free State** – 051 410 8339
- **Gauteng** – 011 241 8324
- **KwaZulu-Natal** – 033-846 3400  
or WhatsApp 071 607 1514
- **Limpopo** – 015 291 7500
- **Mpumalanga** – 013 754 9428
- **Northern Cape** – 053 802 4900
- **North West** – 018 397 3360
- **Western Cape** – 021 469 0235

## Call Center Numbers and Hotlines

- **National Institute for Communicable Diseases** 0800 029 999
- **Gender-based violence command center** 0800 428 428  
or dial: \*120\*7867# (free for mobile)
- **Support to SMME's in Distress** 0860 663 7867
- **South African Police Service** 08600 10111
- **National Crisis Line** 0861 322 322
- **Solidarity Fund**  
0860 001 001  
[info@solidarityfund.co.za](mailto:info@solidarityfund.co.za)  
<https://www.solidarityfund.co.za/>
- **Child Line:** 0800 055 555

- **Person with Disabilities:** SMS 'help' to 31531
- **AIDS Helpline:** 0800 012 322
- **Suicide Helpline** 0800 567 567 or 0800 456 789
- **GB VF – Related service complaints** 0800 333 177
- **Family Violence, Child Protection and Sexual Offences Unit** 0800 150 150
- **Woman Abuse Helpline** 0800 150 150
- **National Human Trafficking Helpine** 0800 222 777
- **SASSA Call Center** 0800 60 10 11

## **National Counselling Lines**

Operating around the clock, Lifeline allows callers to discuss a range of challenges from trauma and suicide, to relationship issues. Alternatively, visit a [Lifeline centre near you](#).  
0861 322 322

## **South African Depression and Anxiety Group**

The [mental health advocacy and support organisation](#) runs a toll-free counseling line between 8am and 8pm for patients and families dealing with mental illness, and those who may be at risk of suicide.  
0800 567 567