



Lions Midrand

We Care!

Stronger minds, better communities!



**Supporting People
Building Stronger Communities**

You are not alone!

It can be difficult to know where to turn when you're struggling with your mental health. Whether you're going through a tough time, or you're concerned about a loved one, you can turn to a helpline or hotline for crisis counselling support.

What is a hotline or helpline?

Helplines, otherwise known as hotlines or crisis lines, offer free, confidential counselling support to people in emotional pain, irrespective of race, age, gender, ethnicity, religious views or nationality. Some offer support via phone, SMS, WhatsApp or online chat.

Why reach out for help?

By reaching out, you can be helped and supported to:

- Reduce stigma and shame;
- Normalise struggles;
- Eliminate judgement;
- Create a safe space;
- Recognise warning signs;
- Dispel myths;
- Connecting to care;
- Prevent escalation;
- Gain coping skills.

A kind voice can change someone's entire day! Reach out. Listen. Support.

Together, we can build kinder, stronger communities!



WHERE THERE'S A NEED, THERE'S A LION!

Here is a list of organisations that offer confidential counselling and support:



SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP

SADAG is a non-governmental Mental Health organisation, dedicated to providing free, 24/7 accessible support, resources, and education to individuals and communities nationwide.

Tel: 0800-456-789 **Web:** www.sadag.org/



CHILDLINE SOUTH AFRICA

Childline South Africa is committed to social services including a 24-hour toll-free helpline and supportive therapeutic social services for children who have been victims of violence, and their families.

Mobile: 116 (free on all networks) **Web:** www.childlinesa.org.za/



LIFELINE SOUTH AFRICA

Offers mental and emotional health services within the culture of Human Rights, through programmes that are preventative and responsive. LifeLine operates in 8 of the 9 Provinces of South Africa

Tel: 0800-012-322 **Web:** www.lifelinesa.co.za/



GENDER VIOLENCE HELPLINE - LIFELINE SOUTH AFRICA

Break the silence against domestic violence! A toll-free helpline for those experiencing physical, emotional, sexual or financial abuse. You can talk to us about it! A product of LifeLine South Africa

Tel: 0800-150-150 **Web:** www.lifelinesa.co.za/



DEPARTMENT OF SOCIAL DEVELOPMENT

The Department of Social Development's Substance Abuse 24hr helpline offers 24/7, free and confidential support by phone, text message (SMS) and WhatsApp.

Tel: 0800-12-13-14 **Web:** www.sadag.org/



ALCOHOLICS ANONYMOUS SOUTH AFRICA

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Tel: 0861-435-722 **Web:** www.aasouthafrica.org.za/



AL-ANON FAMILY GROUPS SOUTH AFRICA

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Meetings are free and at venues all across the country. More info on their site.

Tel: 0861-252-666 **Web:** www.alanon.org.za



THE ASSOCIATION FOR THE AGED

Vulnerable elders are helpless against those who attack or prey on them. Often, the abuser is a family member – a child or grandchild – on whom the older person is completely dependent.

Tel: 0800-10-11-10 **WApp:** 072 459 2613 **Web:** www.tafta.org.za/



Lions Midrand
we serve

 076 063 2373

 Midrand Lions Community Centre
Upper Basement, Boulders Shopping Centre,
Old Pretoria Road, Midrand, 1685

 contact@midrandlionsclub.co.za

 <https://midrandlionsclub.co.za>

 www.facebook.com/LionsClubOfMidrand