

# WHERE DO I FIND HELP?

Many situations and challenges in life may suddenly lead to a crisis – many of which we never see coming. You might feel helpless and as if you don't know what to do or say to handle what has happened to you. You do not need to face this alone – there are many people that care about you and would like to help you.



To find our more, or for assistance with a referral contact 011 219 9626 or email [mentalhealth.headoffice@lifehealthcare.co.za](mailto:mentalhealth.headoffice@lifehealthcare.co.za)

Life Mental Health is a leading provider of acute mental healthcare with nine dedicated units in 4 provinces. Our highly skilled and experienced mental healthcare professionals are here to help you. Please do not hesitate to contact a facility near you should you wish to find out more information or ask for assistance and advice.

## Life Mental Health units

### Dedicated adolescent programmes offered at:

#### Gauteng

Life Brackenview (Brackendowns) 010 009 6200  
Life Glynnview (Benoni) 011 741 5460  
Life Poortview (Roodepoort) 087 352 2100

### Other Life Mental Health units:

#### Eastern Cape

Life Huntersraig Private Hospital (Port Elizabeth) 041 507 9500  
Life St Marks Clinic (East London) 043 707 4400

#### Western Cape

Life St Vincent's (Pinelands) 021 506 5111

#### KwaZulu-Natal

Life St Joseph's (Durban) 031 204 1470

#### Gauteng

Life Brackenview (Brackendowns) 010 009 6200  
Life Carstenview (Midrand) 011 655 5602  
Life Glynnview (Benoni) 011 741 5460  
Life Poortview (Roodepoort) 087 352 2100  
Life Riverfield Lodge (Nietgedacht) 087 352 3765

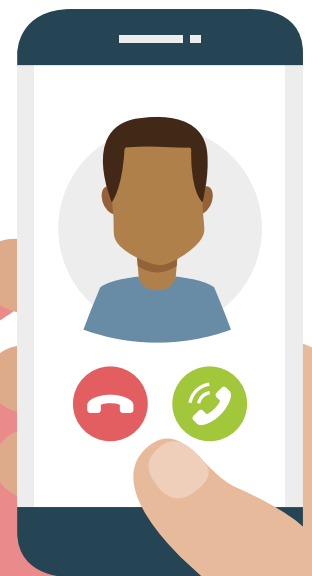
## WHO TO CALL IN A CRISIS

Life Line National Counselling Line 0861 322 322

Childline 24-hour toll-free helpline 0800 055 555

South African Depression and Anxiety Group (SADAG) 0800 708 090

SADAG Suicidal Emergency Number 0800 567 567



Call or present yourself at your local hospital emergency unit if you are experiencing a medical emergency or if you are thinking about harming yourself or someone else.

This infographic does not cover every aspect of mental health. Consult a doctor or your nearest emergency unit if you are concerned about your own or a loved one's mental health. The information is shared on condition that readers will make their own determination, including seeking advice from a qualified healthcare professional. E&OE.