

**QUICK REFERRAL LIST
LOCAL AND NATIONAL NUMBERS**

Childline	0800 055 555 24/7
Lifeline	0861 322 322 24/7
Safeline	0800 035 553 Office hours (Mon-Fri)
Suicide Helpline	0800 567 567 08h00 – 20h00 (Daily) 0800 12 13 14 24/7
<u>DURBAN</u>	
Advice Desk	0800 204 321
	0800 204 160
	031 262 9673
<u>JOHANESBURG</u>	
POWA	011 642 4345
From Fri 17:30 – Mon 09:00	083 765 1235
ADAPT (Alexandra)	011 786 6608
<u>SOMERSET WEST</u>	
Rape Crisis	021 850 4761
24 HR	083 484 9409
<u>PORT ELIZABETH</u>	
Motherwell Shelter	041 462 2371 (being renovated)
TCC DG Hospital	041 406 4112
<u>GEORGE</u>	
Rape Crisis	044 874 5122
<u>PIETERMARITZBURG</u>	
Lifeline / Rape Crisis	033 394 444
<u>KNYSNA</u>	
Black Sash	044 382 4458

FAMSA	
Head Office (Obs)	021 447 7951
Appointments	021 447 0170
Tygerberg	021 946 4644
Factreton	021 593 8074
Khayelitsha	021 361 9098
Mitchell's Plein	021 372 0022
Dunoon	021 556 1945
Elsies River	021 946 4744
Childline/Lifeline	021 762 8198
Safeline	021 705 2147
FCS Unit Wynberg	021 799 1315
	021 592 7092
G.S.H	
Outpatient	021 404 2151
TOP	021 404 4498/6045
Saartjie Baartman Shelter	021 633 5287
Trauma Centre	021 465 7373
Cape Mental Health	021 447 9040
SWEAT	021 448 1097
Women's Legal Center	021 424 5660 info@wlce.co.za
TCC Karl Bremer	021 918 1321
TCC Heideveld	021 699 0474 / 2066
Victoria Hospital Forensics	021 799 11235