

DOMESTIC VIOLENCE SAFETY PLANNING

IMPORTANT CONTACT INFORMATION

Be prepared and save these emergency helpline number to your phone or write them down on a piece of paper that you keep with you at all times.

GBV Command Centre

Call 0800 428 428

Send a "Please Call Me" by dialing *120*7867#

SMS 'help' to 31531

'Helpme GBV' via skype

LifeLine's Domestic Violence helpline

Call 0800 150 150

MOSAIC

Telephone counselling & referrals for survivors of abuse

Call 021 761 7585 (08:30 – 16:00)

Rape Crisis

24-hour support including how to access Thuthuzela Care Centres for medical and forensic assistance to rape survivors

Afrikaans: 021 633 9229

isiXhosa: 021 361 9085

English: 021 447 9762

WhatsApp: 083 222 5164

Triangle Project

Specific support to LGBTQI community including referrals to shelters.

Triangle offers a call back service.

For information call:

066 076 8845 or 021 422 0255

Helpline: 021 712 6699 (applicable nationally)

NATIONAL SHELTER MOVEMENT OF SA

Eastern Cape:

Chrislynn Moonieyan | 081 247 6056

Free State:

Sarah Lekale | 072 144 7171

Gauteng:

Rudo Muhasa | 083 684 7737

KwaZulu-Natal:

Sabera Timol | 072 446 3337

Mpumalanga:

Fisani Mahlangu | 079 310 9633

North West:

Rina van der Berg | 072 348 6526

Northern Cape:

Clair Adriaanse | 080 021 2321

Rose Bailey | 073 888 8738

Western Cape:

Bernadine Bachar | 082 903 8739

Joy Lange | 071 906 3949

General information:

Zubeda Dangor | 083 289 9818