Feeling Hopeless? SUICIDE IS NOT THE ANSWER.

You're not Suicidal It's not Recovery Help is thoughts are is possible available alone weakness temporary Seek professional Talk to help someone MASQUISE MASQUISI If in immediate danger, call SADAG crisis line or emergency services SAM

WHERE CAN I GET PROFESSIONAL HELP?

24/7 Suicide Crisis Hotline: 0800 567 567 | SMS line: 31393

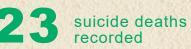
8am-5pm WhatsApp Cipla chat line: 076 882 2775

Visit **www.sadag.org** to access 160 free support groups, or request a callback from a counsellor.

REMEMBER

The South African Depression and Anxiety Group (SADAG) is a nonprofit organisation, managed by psychiatrists, psychologists and doctors, that helps people confidentially and for free.

EVERY DAY IN SOUTH AFRICA: 23





serious suicide attempts







#MENTALHEALTHATWORK