

Feeling Hopeless?

# SUICIDE IS NOT THE ANSWER.



You're not alone



Suicidal thoughts are temporary



It's not weakness



Recovery is possible



Help is available



Talk to someone

Seek professional help

If in immediate danger, call SADAG crisis line or emergency services

## 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](http://www.sadag.org) to access 160 free support groups, or request a callback from a counsellor.

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

suicide deaths recorded

230

serious suicide attempts



**MASOVISE**  
Health Programme



#MENTALHEALTHATWORK