

# GENDER-BASE VIOLENCE HELPLINES & CONTACT NUMBERS

## 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 can keep with you at all times.

### 24hr Counselling & GBV Helpline

Community Intervention Centre (CIC)  
Call: 082 821 3447

### 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

### Saartjie Baartman Centre (CT)

Shelter for abused woman and children

Call: 021 633 5287

### Frida Hartley Centre (JHB)

Shelter for destitute women and children

Call: 011 648 6005

### Amcare (JHB)

Shelter & Gender-based Violence support

Call: 011 869 5856

### Triangle Project

Specific support to LGBTQI community including referrals to shelters. Triangle offers a call back service.

General: 066 076 8845

Counselling: 021 422 0255

Helpline: 021 712 6699 (13:00 – 21:00)

## 24hr National Shelter Helplines

### Eastern Cape

*Ikhwezi Women Support Centre*

Beatrice Chindoti | 063 396 2289

### Free State

*Goldfields Family Advice Organization*

Sarah Lekale | 072 144 7171

### Gauteng

*Nisaa*

Lisha Stevens | 083 422 8987

### KwaZulu-Natal

*Sahara*

Nadia Munsamy | 061 282 4254

### Limpopo

*Thyrest*

Nobesuthu Javu | 073 174 9185

### Mpumalanga

*MP Shelter Movement*

Fisani Mahlangu | 079 310 9633

### Northern Cape

*Ethembeni Shelter*

Rosaline Bailey | 074 236 8071

### Western Cape

*Sisters Inc.*

Delene Roberts | 063 774 5789

### General information

Zubeda Dangor | 083 289 9818



Source: National Shelter Movement South Africa - [www.nsmsa.org.za](http://www.nsmsa.org.za)