

# HELP IN YOUR CRISIS!

**It's ok. Try and calm down. We are there for you.**

If you are resident in Bloemfontein, South Africa, phone us at

# 071 507 2224

NOTE: Please note that this number cannot answer *Please Call Me's*, or *phone backs*. You are welcome to make a call to this number and state your requirement.

It there is no urgency to your challenge, please send an email to

[panic@fullfamilychurch.co.za](mailto:panic@fullfamilychurch.co.za)

Ambulance 10 177

SAPD 1011

Fire Brigade 1022

Rescue Services (Aviation) 051 433 1372

There are also **alternative numbers** and **websites** where you can find help. They are listed below.

## Suicide help

<b>Suicide Help Line</b>	0800 567 567	
<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>SAPD</b>	10111	

## Drug abuse help

<b>Life line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>Substance Abuse Help Line</b>	0800 121314	
<b>Nar-Anon</b>	088 129 6791	

## Alcohol abuse help

<b>Life line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>Substance Abuse Help Line</b>	0800 121314	
<b>Nar-Anon</b>	088 129 6791	

### **HIV/Aids help**

<b>AIDS Help Line</b>	0800 012 322	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Rape help**

<b>SAPD</b>	1011	
<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Abuse help (Adults & Children)**

<b>Child Line</b>	0800 055 555	
<b>Abuse Help Line</b>	0800 12 13 14	
<b>Teddy Bear Clinic for Abused Children</b>	011 6603077	
<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Trauma help**

<b>Trauma Centre</b>	011 6789022	
<b>SAPD</b>	10111	
<b>The Institute for Traumatic Stress</b>	011 648 7376	
<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Pregnancy help**

<b>Pregnancy Help</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>Alternative Pregnancy</b>	041 3733717	
<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Relationships help**

<b>FAMSA</b>	011 975 7106/7	
<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Death counselling help**

<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Loneliness help**

<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Depression help**

<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>Mental Health Help Line</b>	011 262 6396	
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Gay/lesbian counselling help**

<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Parent hot line for gay/lesbian parents**

<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>

### **Problem Gambling Help Line**

<b>Life Line</b>	057 352 2212	<a href="http://www.lifeline.org.za">www.lifeline.org.za</a>
<b>The Full Family Church</b>	084 225 8392	<a href="mailto:panic@fullfamilychurch.co.za">panic@fullfamilychurch.co.za</a>
<b>Problem Gambling Help Line</b>	0800-006-008	