

# How to contact SADAG



## PHONE

24 / 7

Suicide Crisis Helpline

**0800 567 567**

CIPLA Mental Health Helpline

**0800 456 789**

Substance Abuse Helpline

**0800 12 13 14**



## WHATSAPP 8AM - 5PM

Cipla Chat Line

**076 882 2775**

Maybelline BraveTogether

**087 163 2030**



## SMS

24 / 7

**31393**

