

# MENTAL HEALTH MATTERS SADAG SERVICES



SADAG has been making Mental Health Matter for almost 30 years



**2500-3000  
CALLERS PER DAY**

- Provide free telephone counselling
- 1 in 4 calls are Suicide Related
- Run South Africa's only Suicide Crisis Helpline
- Receive calls from various ages, races & genders from 9 provinces



**2800**  
WhatsApp Messages  
per month



**R75.5  
MILLION**  
free advertising &  
press in 2022



**38 000+**  
RECEIVE OUR  
NEWSLETTER



**260  
VOLUNTEERS**



**WWW.SADAG.ORG**  
**600 000  
HITS PER MONTH**

## TOLL FREE HELPLINES

**30+** LINES OPEN **24** HOURS A DAY **365** DAYS A YEAR



**PHONE BILL OVER R160 000 A MONTH**

**160  
SUPPORT GROUPS  
NATIONWIDE**

**RUN FREE ONLINE  
OR FACE-TO-FACE  
MEETINGS**

## SCHOOL TALKS

- Provide Brochures, Manuals and Posters for High Schools
- Team of Counsellors present Teen Suicide Shouldn't be a Secret to learners class-by-class
- As well as present various talks on other Mental Health topics such as Bullying & Stress
- Workshops & Training for Teachers and Parents

## SOCIAL MEDIA AWARENESS

- Instagram
- Facebook
- Twitter
- Tiktok
- YouTube



Reaching  
thousands  
of people  
every week



0800 567 567

SMS 31393



www.sadag.org