



MENTAL HEALTH RESOURCES

Guiding employees in getting the help they need

Helpline Numbers

Life Line: 0861 322 322

SADAG: 011 234 8182

Suicide Emergency: 0800 567 567

Free Online Support

Vitanova counselling services

Revive Counselling Centre

Life Line - Johannesburg

Life Line - Western Cape



Low cost Support

Therapy NOW

Recovery Direct

The counselling hub

SADAG

Mobile Apps



@calm



@fabulous



@happify



@insightTimer



@headspace



@aura