

# Africa Mental Health Help lines

## WORLDWIDE

Befrienders

<http://www.befrienders.org>

## AFRICA

- **Africa Wellness Initiative – Global Wellness Institute**  
<https://swafrica.org/pillar-africa-therapists/>
- **Strong Minds Mental Health Africa**  
[amani-strongminds-new-mental-health-chatbot](https://amani-strongminds-new-mental-health-chatbot)

### **Algeria Suicide Helpline**

- Harare Samaritans offers emotional support to people in Algeria who are in distress or at risk of suicide. **Tel:** 0021 3983 2000 58

### **Angola Emergency Hotline**

- Angola Emergency Hotline offers 24-hour service to people throughout Angola who are in an emergency situation or is at risk of suicide. **Tel:** 113

### **Botswana**

- Lifeline/FTMTB  
Lifeline/FTMTB offers a free and confidential counselling service to the Botswana communities.  
**Tel:** 267 7552 7590

## Egypt

- Befrienders

Tel.: +20 7622381 - 7621602 - 7621603 ت:

P.O.Box: 142 Dokki - Post Code : 12612 رقم بريدي - الدقي 142 : ب.ص

**Email: [befrienders@befrienderscairo.com](mailto:befrienders@befrienderscairo.com)**

## Ghana

Mental health society +233 30 279 5610

## Kenya

- **Befrienders Kenya:** Call +254 722 178 177
- **Mental Health Department – Kenyatta Hospital:** Call +254 20 3000378, +254 20 2051323

## Liberia

- **[Lifeline](#) Liberia:** 6534308

## Morocco

- **Sourire de Reda (Befrienders Casablanca)** website:  
<https://www.sourire2reda.org>

Their hotlines: **+212 (5) 22 87 47 40 Landline**, (from 09:00 to 17:00, Mon. - Fri.) **+212 (6) 62 58 95 70 Mobile**, (from 09:00 to 17:00, Mon. - Fri.) Languages spoken: **French, Arabic**

## Namibia

- **LifeLine Namibia**

LifeLine Namibia offers a free and confidential counselling service in Namibia communities.

**Tel:** (09264) 61-232-22

## Nigeria

Mentally Aware Nigeria Initiative - +234 08091116264

- **Mentally Aware Nigeria Initiative (MANI) 0809111MANI(6264)**

MANI provides suicide intervention to people in Nigeria as well as mental health first aid to callers; all of whom are subsequently referred to appropriate quarters for specialized care.

- **She Writes Woman**

17, Yinusa Adeniji street, Off Muslim Avenue, Off Mojidi Street, Off Toyin street, Ikeja, Lagos. +234 08174913329 Email [hello@shewriteswoman.org](mailto:hello@shewriteswoman.org)

- **LUTH (Lagos University Teaching Hospital), Idi-araba**

Lagos University Teaching Hospital, Ishaga Road, Idi-Araba, Lagos, Nigeria.

+2348070591395, +2348070591472, 08070591395, 08070591470

[www.luth.org.ng](http://www.luth.org.ng)

- **The Neuro-Psychiatric Hospital, Aro, Abeokuta**

Old Lagos Road, Ita-Oshin, Aro, Abeokuta, Ogun state, Nigeria

+234 903 638 0203, +234 701 073 7073

- **UCH (University College Hospital), Ibadan, Oyo**

Queen Elizabeth road, Oritamefa, Ibadan.

+2347008244357, 08131733446, 08131733459.

Email - [info@uch-ibadan.org.ng](mailto:info@uch-ibadan.org.ng)

<http://uchnew.uch-ibadan.org.ng>

- **Federal Neuro-Psychiatric Hospital, Yaba**

8 Harvey Road

+234-8155170000, +234-9060001907

<http://www.fnphyaba.gov.ng>

- **Federal Neuro-Psychiatric hospital, Sokoto.**

Kware town, Sokoto, Sokoto state.

+234 60 230968

- **Active Support and Care**

No 24| Road K off Health centre Road World| bank Housing estate Umuahia, Abia state, Nigeria.

+234 80 3651 4814, +234 81 2748 5423

- **Kalunta Memorial Neuro-psychiatric Hospital**

Hospital Road, Aba, Abia State, Nigeria

+234 08035478377, +23407033541767

enquiries@garkihospital.com

<http://garkihospital.com/mental-health-services/>

- **State Neuro-Psychiatric Hospital**, Awka, Anambra

Nawfia Njikoka L.G.A, Anambra State, Nigeria

+234 0806 802 5681

- **Federal Psychiatric Hospital**, Calabar

123, Calabar Road, Ibb Way, Calabar Municipal, Cross River, Nigeria

+234 08037147245

## **SOUTH AFRICA**

[South Africa Depression and Anxiety Group](#) Helplines:

- Suicide Crisis Helpline 0800 567 567 SMS: 31393 <http://www.sadag.org>
- 24hr Substance Abuse Helpline 0800 12 13 14
- Mental Health Helplines 0800 456 789 / 0800 21 22 23
- **The Triangle project** (<https://triangle.org.za/about/>) provides a helpline where lesbian, gay, bisexual, transgender and intersex people can talk to a trained professional. The professional will ensure the caller's privacy and can also refer the caller to other support networks. It can be reached at **(021) 712 6699** daily from 13:00 to 21:00. The counselor will then call you back.
- **Suicide Crisis Line:** Call 0800 567 567 or SMS 31393
- Adcock Ingram Depression and Anxiety Helpline Adcock Ingram Depression and Anxiety Helpline offers emotional support to people in South Africa who are in distress or at risk of suicide.  
**Tel:** 0800 70 80 90
- Akeso Crisis Helpline Akeso Crisis Helpline's 24-hour service provides assistance to anyone requiring emergency psychiatric assistance, crisis

containment, or information about mental health and mental health services in South Africa. **Tel:** 0861 435 787

- [Befrienders Bloemfontein](#)
- Befrienders offers 24-hour emotional support, via the crisis line and e-mail, to people experiencing feelings of distress or despair. Face-to-face counselling services are available to callers with access to Bloemfontein. **Tel:** 27 (0) 51 444 5000

## **Sudan**

- **Befrienders Khartoum:** (249) 11-555-253

## **Togo**

VisionTogo (VTG)

VisionTogo (VTG) provides counselling and mental health support to people in Togo.

**Tel:** (228) 90 92 22 22

## **Uganda**

Befriender Uganda

Befriender Uganda offers emotional support to people in Uganda who are experiencing feelings of distress or despair.

**Tel:** 800200450

## **Zimbabwe**

Harare Samaritans

Harare Samaritans offers 24-hour mental health services to people in Zimbabwe who are in distress or at risk of suicide.

**Tel:** 080 12 333 333