

USEFUL CONTACTS

We've included a list of important phone numbers every parent should know. Print and place them in clear sight to ensure you're ready for any emergency.

National Emergency number 112

(from any cellphone, even if you are out of airtime or the phone is locked)

Police Emergency number 10111

Crime Stop 0860 010 111

Ambulance & Fire Brigade 10177

Netcare 911 Medical Rescue Service 082 911

Childline 0800 055 555

Poison Information Centre 0861 555 777

- **Tygerberg Hospital 021 931 6129**
- **Red Cross Hospital 021 689 5227**
- **KZN 080 033 3444**
- **Bloemfontein 082 491 0160**

Rape Crisis 021 447 9762 (24 hrs)

Alcoholics Anonymous 0861 435 722

Mountain Rescue

- **KZN 031 307 7744**
- **Western Cape 021 948 9900**
- **Gauteng 074 125 1385**

Sea Rescue NSRI

- **From cellphone 112**
- **Cape Town 021 449 3500**
- **Durban 082 990 5948**

Breastfeeding Support and Info 021 976 8537

Post Natal Depression Support Association 082 882 0072

Safe Schools 0800 45 46 47

Lifeline National Crisis Line 011 728 1347

AIDS Helpline 0800 012 322

Stop Gender Violence Helpline 0800 150 150

Automobile Association 0800 111 995

