



LIFELINE JOHANNESBURG - BUILDING COMMUNITY HEART DESPITE SOCIAL ISOLATION

A space to talk is going to be extremely important for the next few weeks.

While all LifeLine Johannesburg's face-to-face services are on hold for the 21 day shut-down, we turn to technology to support you during this stressful period. We offer telephone counselling as well as Zoom or WhatsApp video calls to replace face-to-face counselling. Counselling creates a safe and confidential space for you to express what you are going through. No issue is too big or small. If it is important to you, it is important to us. We are here to listen.

LifeLine Johannesburg is staying connected with the community through phone and WhatsApp counselling during the 21 day shut-down period. The numbers to call for 24 hour counselling are:

LifeLine Johannesburg Counselling Line: 011 728 1347 (9 am to 9 pm daily)

WhatsApp messages and virtual face-to-face counselling: 065 989 9238(booking an appointment)

Stop Gender Violence line: 0800 150 150 (24 hours)

Aids Helpline: 0800 012 322(24 hours)

BOOKING WhatsApp appointments via website: www.lifelinejhb.org.za

The 21 day shut-down brings with it sudden and radical changes in what individuals and families do day to day, who they spend their time with, coupled with confinement to their homes. As a community, we have never before faced such an overwhelming challenge. Many of us have no real idea how we are going to cope being ripped from life as we know it for 3 long weeks while stepping into an uncertain future.

The physical confinement and financial concerns families are facing during this time potentially bring with it many hardships, fears, boredom, frustrations, anxiety, stress and depression. While these feelings are normal during times like these, it can weigh heavily on the mind and lead to conflicts and all manner of difficulties just getting through the day. Expressing these internal emotional burdens and battles can bring relief, a different perspective and better outcomes. While we face a period of physical isolation, it is therefore important to make it a time of communication and emotional connection.

It is in this spirit that we urge South Africans to reach out and talk about what they are going through. LifeLine Johannesburg is keeping the lines of communication open for the next 21 days and we invite you to make the call.