

## Support Groups Go Digital

Due to the South African COVID-19 Lockdown and SA Government regulations, support group meetings have been temporarily suspended and many meetings have moved to an online electronic format.

### Step 1: Install Zoom, it's real quick and easy!

All the links below will take you to the relevant webpage (please note that telephonic helplines displayed should be operating). Many meetings are being held using either your Desktop, Tablet or Mobile via the App called ZOOM.

1. The desktop apps for both Mac and Windows can be downloaded here: [ZOOM Download](#)
2. The iPhone app can be downloaded from the App Store here: [ZOOM iPhone App Store](#)
3. The Android app can be downloaded from the Play Store here: [ZOOM Android Play Store](#)

### Step 2: You are now ready to join in

Once downloaded, click the link below for the meeting you would like to join and you will automatically be redirected to the webpage. Find the online meeting and if applicable click the zoom link and follow instructions.

Alcoholics Anonymous Online Meetings SA  
[Helpline: 0861 435 722](#)

Narcotics Anonymous Online meetings SA  
[Helpline: 0861 006 962](#)

Sex and Love Addicts Anonymous Online & telephonic Meetings SA

Gamblers Anonymous SA  
Gauteng: [060 624 7140 / 064 861 2994](#)  
KZN: [031 207 4075](#)  
Western Cape: [072 055 8942](#)

Overeaters Anonymous Online Meetings SA  
[Helpline: 076 274 5474](#)

Eating Disorders Anonymous Online Meetings International

12step online International

Al-Anon Family Groups Online Meetings SA

Nar-Anon Family Groups Online Meetings SA  
[Helpline: 088 129 6791/ 088 129 6791](#)

## Helpful Links

### During SA COVID-19 Lockdown

South African Depression and Anxiety Group Online Support

Suicide Helpline: [0800 567 567](tel:0800567567)

Cape Mental Health Support

Helpline: [021 447 9040](tel:0214479040)

Life Line South Africa

Helpline: [0861 322 322](tel:0861322322)

Triangle Project LGBTQ!A+ Support South Africa

Helpline: [021 712 6699](tel:0217126699)

Rape Crisis

Helplines: Afrikaans: [021 633 9229](tel:0216339229)

IsiXhosa: [021 361 9085](tel:0213619085)

English [021 447 9762](tel:0214479762)

WhatsApp: [083 222 5164](tel:0832225164)

Childline

Helpline: [0800 055 555](tel:0800055555)

Western Cape Association for Persons With Disabilities Support

ZwavelStream Clinic

Helpline: [066 255 8501](tel:0662558501)