25 NOVEMBER TO 10 DECEMBER · 16 DAYS

YOU ARE NOT ALONE. HELP IS 24/7.



1

SPEAK OUT

Tell someone you trust, or call the GBV Command Centre.

2

GET HELP

Call 0800 428 428 any time, or dial *120*7867# for a call back.

3

REPORT IT

Harassment at work must be dealt with. Use our policy to report it.

HELP, ANY TIME OF DAY OR NIGHT

Call 0800 428 428

Dial *120*7867#

SMS 'help' to 31531

Report harassment at work

Kept confidential

GBV Command Centre, 24 hours **0800 428 428**

Persons with disabilities: SMS **31531**

In danger right now? Call 10177, or 112 from a cellphone.

To report harassment at work, speak to: _____

LETSEMA: WORKING TOGETHER TO END GBVF.

Sources: GBV Command Centre (Department of Justice and Constitutional Development); South African Government 16 Days 2026; Harassment Code, 2022; Western Cape Government emergency numbers.

CARE NET CONSULTANTS
Your Partner in Workplace Health

General health information only, not medical advice. Speak to a healthcare professional about your own health.