

2016

RESOURCE DIRECTORY

Maternal Mental Health



Perinatal Mental Health Project
UNIVERSITY OF CAPE TOWN

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How to use this resource directory

- This directory focuses primarily on organisations offering counselling and psycho-social support services in the Cape Town region. Every effort has been made to ensure that the information is correct. We welcome corrections, additional information and new organisations for this directory.
- Organisations are listed alphabetically, and by area. Most organisations serve the greater Cape Town area. If an organisation is based in a specific area, or serves a specific area, it is noted in the “Contents by Area” section.
- An organisation may also work in the surrounding communities of the ‘area’ it serves. For example, if the organisation is in Langa, it may also serve Gugulethu, New Crossroads, and so on. Be sure to call the organisation and ask if your client may be referred.
- It is always best to phone the organisation before making a referral. Get a contact person’s name, know what they do, and get their address and phone number.
- If you do send a client for a referral, be sure that your client has all the necessary contact information. Not knowing where a place is, or who to ask for, can be very stressful and discourage your client from attending her appointment.

NATIONAL MENTAL HEALTH INFORMATION LINE

0800 567 567



The Ark

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> • Christian counselling • Provided by two counsellors • English and Afrikaans 	Monday to Friday 9am - 3pm for enquiries	
Shelter	<ul style="list-style-type: none"> • Christian home to destitute, homeless, abandoned, abused, unemployed men, women and children • Provide food and clothing for 3-6 months • Crèche and school (for children in grade 1-9) 		
Training	<ul style="list-style-type: none"> • Job skills, e.g. sewing, carpentry, painting 		
Contact information		Other information	
Phone	021 843 3927/8	Appointment	Yes
Cell	072 232 9113	Fee	No
Address	5 Old National Road, Faure, CT Take the train to Eerste River Station, then a taxi between Mfuleni and Khayelitsha.	Admission information	<ul style="list-style-type: none"> • Accepts refugees (with documentation) • Does not accept anyone on psychiatric medication
Contact person	Pastor Patricia		

ATTIC

Service	Details	Hours	
Counselling	Individual	Monday – Friday 08:00am - 4pm	
Testing	Voluntary Counselling and Testing	Monday – Thursday 9am - 1pm	
Training	<ul style="list-style-type: none"> • Counselling • HIV/AIDS awareness • ARV adherence 	Call for information	
Contact information		Other information	
Phone	Tel: 021 763 5320/5330	Appointment	Yes
Email	Theresa.Johnson@westerncape.gov.za Gillian.Classen@westerncape.gov.za	Fee	No
Address	Attic, First Floor, Lady Michaelis Building, Timour Hall Rd, Plumstead	Areas	Cape Town

Beautiful Gate

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> • Psychosocial and spiritual support • Provided by qualified social workers 	Mon-Fri 8am-4pm (office) 24 hours for shelter	
Shelter	<ul style="list-style-type: none"> • Christian support for vulnerable children, especially those affected by HIV/AIDS • Shelter for children until returned to family or being fostered 		
Social support	<ul style="list-style-type: none"> • For children and their family • Access to grants • Short-term food relief • Advice and referrals 		
Development	<ul style="list-style-type: none"> • Activities to stimulate mental, spiritual and intellectual growth • E.g. writing, games, creative work, dancing, singing 		
Contact information		Other information	
Phone	021 370 2500	Appointment	Yes
Fax	021 374 8237	Fee	No
Email	support@beautifulgate.org	Admission information	Accepts non-South African children
Address	73, Stock road, lower Crossroads, Philippi East, 7755		

CAFDA

Service	Details	Hours	
Counselling	Individual	Call for information	
Support groups	<ul style="list-style-type: none"> • People affected by HIV/AIDS • People living with HIV/AIDS 	Mon-Fri 9.30am – 4:30pm	
Training	<ul style="list-style-type: none"> • Drug abuse awareness • Peer education • Awareness programmes 	Call for information	
Contact information		Other information	
Phone	021 706 2050 021 705 6247	Appointment	Via intake, Mon-Wed 8am-11am, first come first served
Cell	082 8740 964		
Email	olivia@ctconvention.co.za	Fee	No
Address	CAFDA Family Centre, Corner of 8th Avenue and Prince Georges Drive, Grassy Park, 7941		
Contact person	Peter Cato	Areas	Retreat, Lavender Hill, Grassy Park, Zeekoevlei, Lake view



Cape Mental Health

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> psychiatric illnesses intellectual disabilities emotional adjustment problems long term and short term counselling by qualified social workers 	Monday - Friday 8:30am - 4:30pm
Support	Support services for families affected by mental illness	
Care centres	Care for intellectually impaired children	
Vocational rehabilitation	Skills development and training project to support the employment of the mentally ill	
Contact information		Other information
Phone	021 447 9040	Appointment Yes
Fax	021 448 8475	Fee No
Website	www.capementalhealth.co.za	Areas Cape Town
Address	22 Ivy Street, Observatory, 7925	

Cape Town Drug Counselling Centre

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> individual family group telephonic counselling qualified psychologists and social workers 	Monday - Thursday 8:30am - 4:30pm
Substance abuse	Assessment and outpatient treatment of drug problems (excluding alcohol abuse)	Friday 9am - 4pm
Other	<ul style="list-style-type: none"> medical and complementary health services no methadone for heroin detoxification 	
Contact information		Other information
Phone	<ul style="list-style-type: none"> Observatory: 021 447 8026 Mitchell's Plain: 021 397 0103 Atlantis: 021 571 7180 	Appointment Yes – call to make an appointment
Website	www.drugcentre.org.za	Fee Sliding scale based on income R20 - R180 per person
Address	<ul style="list-style-type: none"> 1 Roman Rd, Observatory 7925 Unit 12 Woolworths Arcade 2 Symphony Walk Town centre, Mitchell's Plain 7785 Hermes Avenue, Grosvenor Avenue, Saxon Sea, Atlantis, 7806 	Areas Cape Town, Observatory and Mitchell's Plain, Atlantis

Cape Town Refugee Centre

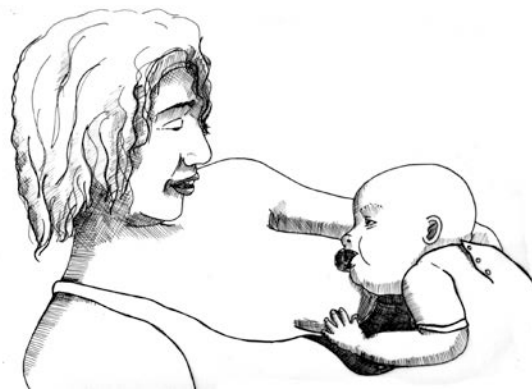
Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual counselling Psychosocial support <p><i>Counselling provided by qualified psychologists and social workers</i></p>	Monday - Friday 8:30 am - 4pm	
Social support	<ul style="list-style-type: none"> Assistance for newly arrived refugees Client must have asylum-seeking papers or valid refugee status Financial assistance (for limited period) e.g. contribute to children's school fees and uniforms Social Services e.g. emergency services and referral to shelters for abused women HIV Support 	<p>Appointments for clients Monday, Tues day and Thursday 8:30am - 12 pm (Can come at 8am)</p> <p>Wed & Friday Do not see clients</p>	
Skills development	<ul style="list-style-type: none"> Education Skills training 		
Contact information		Other information	
Phone	021 762 9670	Appointment	Yes
Email	ctrc@telkomsa.net capetownrefugeecentre@gmail.com		
Website	www.ctrc.co.za		
Address	F12 First Floor, 123 C/o Piers and Main Rd, Wynberg Center , Wynberg, 7800	Fee	No
Contact person	Katherine Hoflich	Areas	Cape Town



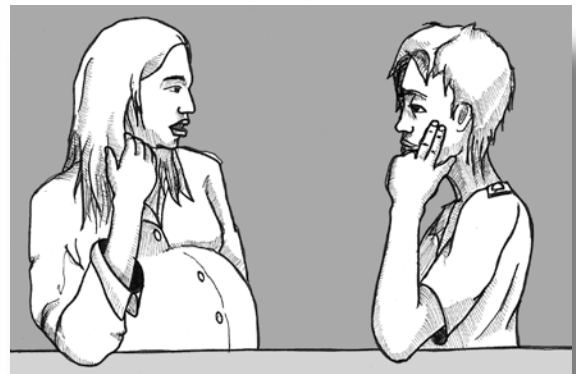
Care Haven Shelter linked to Salvation Army

Service	Details	Hours	
Counselling	Individual counselling provided by qualified social workers	Monday - Friday 8:30am – 4:30pm	
Shelter	<ul style="list-style-type: none"> Residential accommodation for abused women and their children Maximum stay of 3 months Children (girls to age 16, boys to age 12) must be accompanied by their mother 		
Training	<ul style="list-style-type: none"> Life skills Parenting Training programmes are for residents 		
Contact information		Other information	
Phone	021 638 5511	Appointment	Yes
Email	careaids@iafrica.com	Referral information	<ul style="list-style-type: none"> Client needs a letter of referral from a doctor, psychologist or social worker Client will be assessed by the Care Haven social worker to see if criteria are fulfilled
Address	22 Tarentaal Bridgetown Call for more details	Fee	<ul style="list-style-type: none"> If earning: R25/week: shared room R75/week: single room No fee if not earning
Contact person	Major Frankie	Areas	Cape Town

Child Welfare Society



Service	Details			Hours
Counselling	<ul style="list-style-type: none"> This organisation helps children in need of care (usually 0- 18 years old) Counselling by qualified social workers 			Monday - Friday 8am - 4:30pm
Child abuse	<ul style="list-style-type: none"> Assistance for abused children Investigation of child abuse 			
Social services	<ul style="list-style-type: none"> Adoption services Foster care services Community development e.g. monitoring 'at risk' families, job skills, job creation 			
Contact information				
Phone & Fax	Head Office	P: 021 638 3127 F: 021 638 5277	Gatesville	P: 021 387 0163 F: 021 387 5877
	Athlone	P: 021 638 3127 F: 021 638 5277	Lotus River, Ottery, Philippi and Pelican Park	P: 087 805 2496 F: 021 691 2065
	Hanover Park	P: 021 692 0667 F: 021 691 3700	Manenberg	P: 021 638 5131 F: 021 633 9132
	Du Noon	P 087 805 2498 F: 087 805 7931	Philippi East	P: 021 637 2140 F: 021 638 1674
	Khayelitsha	P: 021 387 0164/5		
	Hout Bay	P: 021 790 2300; F: 021 790 9162		
Email	information@helpkids.org.za		Other information	
Website	www.helpkids.org.za		Appointment	Yes
Address	Head Office: Lower Klipfontein Rd Gatesville Hanover Park: 37 Ryston Road Khayelitsha: Bancedoni Centre, Site C, Khayelitsha Manenberg: Old SHAWCO Building, Kasouga Road		Fee	No



Delft Day Hospital & Clinic

Service	Details	Hours	
Counselling	• Individual counselling	Monday – Friday, 8am-4pm	
	• Support Groups	Wed 8am - 3pm	
HIV/AIDS Services	• VCT Testing	Monday – Thursday, 8am-4pm	
	• Mother-child transmission prevention (PMTCT)	<i>Call or attend clinic for more information.</i>	
	• Antenatal care		
	• AZT and triple therapy		
Contact information		Other information	
Phone	021 954 2235/28/37	Appointment	Yes
Fax	021 954 1207		
Address	Cnr Delf Main Road and Laiden Main Road, Voorbrug, Eerste River, 7100	Fee	No Cost applies for spectacles only
Contact person	• Sr Kiviet • Mr Horne	Areas	Delft

Empilweni Centre

Service	Details	Hours	
Counselling	• Individual	Monday - Thursday 9am - 4pm	
	• Children with behavioural problems		
Support Groups	Parent support group	<i>Call or attend clinic for more information.</i>	
HIV/AIDS Services	• Children infected and affected by HIV/AIDS		
General Services	• Parent support		
	• Screening and assessments	Appointment	Yes
	• Home and school visits		
Contact information		Other information	
Phone	021 361 7063	Appointment	Yes
Fax	021 361 7569		
Address	Metropolitan Building cnr Spine & Ntlazane Rd Ilitha Park, Khayelitsha	Fee	No
Contact person	Donald Mfuniselwa	Areas	Khayelitsha

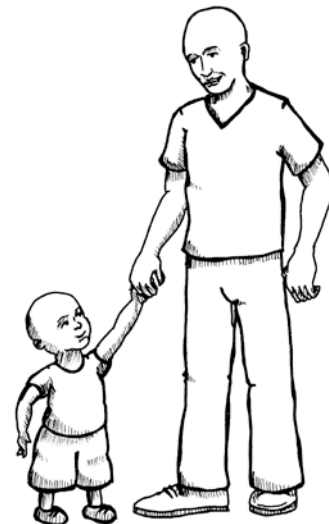
FAMSA (Family and Marriage Society of South Africa) Cape Town

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Family Bereivement Trauma and domestic violence Anger management 	Monday - Friday 8:00am – 4pm	
Contact information		Other information	
Phone	Observatory: 021 447 7951 Elsies Rivier: 021 933 0192 Khayelitsha: 021 361 9098 Mitchell's Plain: 021 391 6015	Appointment	Call
Cell	082 231 0373/4470	Fee	Depends on income
Email	famsa@famsawc.org.za	Areas	Observatory Elsies Rivier Khayelitsha Mitchell's Plain
Website	www.famsawc.org.za		
Address	9 Bowden Rd, Observatory, 7925		

Heaven's Nest

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> To enhance self-esteem and confidence Psych Corp (mostly psychology students) provide counselling 	7 days a week 10am-3pm	
Foster care	<ul style="list-style-type: none"> For children infected or affected by HIV/AIDS For children who have been abused, neglected or abandoned 6-month to 8-year olds Placed back with family, adopted or fostered 		
Social support	<ul style="list-style-type: none"> Link with welfare and social services 		
Development	<ul style="list-style-type: none"> Link with external schooling Basic introduction to schooling for children aged 4-6 years 		
Contact information		Other information	
Phone	021 703 9781	Appointment	Yes, made by social worker
Cell	084 919 6967	Referral information	Child must fulfil admission criteria
Email	heavensnest@telkomsa.net house.manager@heavensnest.org.za		
Address	16 Edward Road, Ottery, 7800	Fee	No
Contact person	Eleanor Bester	Admission information	Non-South African children with a permit

Homestead Intake Shelter



Service	Details	Hours	
Shelter	<ul style="list-style-type: none"> For street boys aged 6 – 16 years Open door principle – come in and out as they wish Aim is to keep them off the streets 	24 hours	
Family reconstruction	<ul style="list-style-type: none"> Try to integrate children with their families 		
Development	<ul style="list-style-type: none"> Help them rebuild their lives and future 		
Contact information		Other information	
Phone	021 419 9763 (Cape Town)	Appointment	Yes
Fax	021 419 2600	Referral information	<ul style="list-style-type: none"> Liaise with social worker and provide background report on the boy New children's acts –get papers from dept. of social development or local offices
Email	info@homestead.org.za		
Address Drop in centres :	<ul style="list-style-type: none"> 150 Strand Street, Cape Town Chapel street , District 6 Elukhanyisweni, Khayelitsha 	Fee	No
Contact person	Social worker Joslin or Liesen 021 461 7470 or 021 361 3468	Admission information	<ul style="list-style-type: none"> Accepts non South African boys Best not to send quiet boys to this shelter – bad street-life influences in shelter

Hope Pregnancy Help Centre

Service	Contact information	
Pregnancy and TOP services (termination of pregnancy)	Phone	021 886 6898
	Areas	Cape Town Based in Somerset West
<i>Please call the organisation for information about hours, appointments and fees.</i>		



Hout Bay Christian Community Association

Service	Details	Hours	
Church activities	<ul style="list-style-type: none"> • Church services: weddings, funerals, rallies, bible classes • Choir training • Normal meetings 	Monday-Sunday 8am - 1pm <i>Call for more information</i>	
Soup kitchen	<ul style="list-style-type: none"> • Provided by volunteers • For elderly, sick, disabled and homeless people of the Imizamo Yethu Community • Occasionally also for outside groups on contract • Food parcels also handed out once a week 		
Welfare	<ul style="list-style-type: none"> • Guidance, advice and prayer on personal matters • Assistance with transport, help with disability grants • Shelter for homeless people from natural disasters • Material assistance: food, clothing, plastic to cover roofs 		
Health	<ul style="list-style-type: none"> • Accommodation for 10 ill men and women • Patients cared for by home-based care worker organisation • Information sessions on HIV/AIDS, tuberculosis, malnutrition and STDs • Assistance, advice and training to pregnant women and after child birth 		
Training	<ul style="list-style-type: none"> • Sewing, beading work, cooking, pottery • Fabric painting, mosaic, leatherwork and woodwork • Computer literacy 		
Contact information		Other information	
Phone	021 790 5827	Appointment	No
Fax	021 790 5839		
Email	hbcca@iafrica.com	Referral information	No
Website	www.hbcca.co.za	Fee	<ul style="list-style-type: none"> • Small fee for equipment used if sell goods produced from skills training • R1 for food (free if necessary)
Address	Iziko Lobomi Centre Mandela Road Imizamo Yethu Hout Bay 7806		
Contact persons	Office administrator: Noxolo Gladile Welfare and health care: Marion Franke Supervisor kitchen: Pakamisa Lucas		

Ilitha Labantu

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Support group for women survivors Services provided by social workers and trained counsellors 	Monday – Friday 9am - 5pm	
Abuse	Social support and services for abused women and children		
Violence	Healing development programme for victims of political violence and violence against women and children		
Skills training	E.g. computers, baking, gardening and sewing		
Contact information		Other information	
Phone	Gugulethu: 021 633 2383/78 Emergency: 079 235 6144	Appointment	No
		Fee	No
Address	NY 22 No 26A, Gugulethu	Areas	Gugulethu, Langa, Phillipi, Khayelitsha
Contact person	Ella		

Islamic Resource Foundation of South Africa

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Provided to sheltered women, children and outside clients seeking assistance Counselling and occupational therapy Provided by qualified counsellors 	Monday - Friday 8am - 4:00pm	
Shelter	<ul style="list-style-type: none"> Provided for abused women and their children (0-20 years old) Provides cooked meals and clothes, toiletries and bedding for up to 6 months Crèche facilities with qualified crèche teacher 		
Social support	<ul style="list-style-type: none"> Referral to legal, medical and other professionals Employment opportunity assistance 		
Training	<ul style="list-style-type: none"> Arts and crafts classes HIV/AIDS educational programmes Parenting and life skills 		
Contact information		Other information	
Phone	021 638 5578	Appointment	Yes, unless urgent
Fax	021 638 7239		
Email	info@irfsa.com		
Address	121 c/o 5 th Avenue and Yusuf Street Welkom estate, Athlone	Fee	Varies according to income (free if none)
Website	www.irfsa.com	Admission information	Accepts refugees and pregnant women
Contact person	Ms Nuhaa Ishmail		



Islamic Social & Welfare Association [for youth aged 12-18 years]

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual, marriage and family Youth conflict Services provided by social workers and auxillary social workers Parenting classes Youth risk assessment 	Monday - Thursday 8am - 4:30pm	Friday 8am - 12pm
Contact information		Other information	
Phone	021 696 3000/1	Appointment	Yes
Email	kippie.a@gmail.com	Fee	R50 per session
Address	1 1st Ave, Belgravia, Athlone	Areas	Cape Town

Legal Aid Board

Service	Details	Hours	
<i>Legal services</i>	Representation and advice on: <ul style="list-style-type: none"> Criminal Civil Child custody 	Monday- Friday 07:30am - 4:30pm	
Contact information		Other information	
<i>Phone</i>	Athlone: 021 696 5172 Cape Town: 021 426 4126	<i>Appointment</i>	No
<i>Address</i>	<ul style="list-style-type: none"> 2nd floor, Melofan House Old Klipfontein Road, Athlone 5th Floor Nedbank Building, 85 St George's Mall Street, Cape Town 	<i>Fee</i>	Depends on payslip if working
		<i>Areas</i>	Cape Town Athlone

Life Line - Western Cape

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Full range of mental health and support services for: crises, emotional stress, trauma, rape, abuse Referrals to professional and community services Children who are rape victims or who have lost family Telephone counselling available All counsellors have completed Lifeline training programmes 	24 hour telephone counselling service Adults: 0861 322 322 Children: 0800 055 555 Individual appointments Mon-Thur 8:30am - 4pm Fri 8:30pm – 3:30pm	
Contact information		Other information	
Emergencies	021 461 1111	Appointment	Yes and Face-Face
Phone	Head office: 021 461 1113 Parow: 021 930 0859 Khayelitsha: 021 361 9197	Fee	No
Fax	021 461 6400	Areas	Cape Town Parow Khayelitsha
Website	www.lifeline.org.za		
Email	info@lifelinewc.org.za		
Address	56 Roeland Street, Cape Town		

Loaves & Fishes Shelter

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual counselling Provided by qualified counsellors 	Monday – Friday 7am – 8pm	
Shelter	<ul style="list-style-type: none"> For single men and women (age 25 – 60) 		
Contact information		Other information	
Phone	021 448 5900	Appointment	Yes
Fax	021 448 0684	Referral information	Assessment first to see if criteria fulfilled
Email	Loavesfishes@telkomsa.net	Fee	<ul style="list-style-type: none"> R150/day R490/2 weeks
Address	1 Chatham Road, Observatory, 7925	Admission information	<ul style="list-style-type: none"> Accepts refugees with up-to-date documentation Do not accept pregnant women or women with children
Contact person	Rihanna (social worker)		

Mater Domini

Service	Details	Hours
Shelter	<ul style="list-style-type: none"> • Temporary accommodation for women with unwanted or crisis pregnancy, physical or physiological abuse • 4 bedroom house – maximum 8 women 10-12 women • 2-week initial contract – renewable up to 2 weeks • Immediate admittance if accepted (call for criteria and admittance) 	Monday – Friday 24 hours
Medical	<ul style="list-style-type: none"> • Referral to midwife in Mowbray Maternity Hospital 	
Contact information		Other information
Phone	021 671 6008	Appointment Call first for information about availability and appointment
		Fee No
Cell	079 891 6749	Admission information <ul style="list-style-type: none"> • Against abortion, but don't condemn those who have had abortions • Accept women who are 21 years and above • Accepts refugees • Accepts pregnant women with children (depending on circumstances and age of children).
Email	home@materdomini.net	
Address	10, 1 st Avenue Claremont	
Contact person	Genine Richards or Nina Richards	

Mental Health Information Centre

Service	Hours
<ul style="list-style-type: none"> • Resource center provides information on all mental health issues to inform the general population. • Pamphlets on the different Mental Health disorders are distributed. • Referrals to professional mental health workers and support groups. 	Monday - Friday 8am - 4pm
Contact information	Other information
Phone	Appointment Yes
021 938 9229 021 938 9029	
Fax	Fee No
021 938 9795	
Email mhic@sun.ac.za	
Website www.mentalhealthsa.co.za	Areas National
Address Clinical Building, Faculty of Health Sciences, Stellenbosch University, Fransie van Zijl Boulevard, Tygerberg 7505	



Mosaic

Training, Service & Healing Centre for Women

Service	Details	
Counselling	<ul style="list-style-type: none"> Individual: rape, domestic, emotional and physical abuse Support groups Services provided by experienced Mosaic-trained counsellors (English, isiXhosa and Afrikaans) Referrals to related services 	
Court support	Assistance with applications for maintenance and protection orders and crises intervention	Monday - Thursday 8:30am - 4pm Friday 8am - 2:30pm
Sexual and reproductive health	Women's Reproductive Health Clinic <ul style="list-style-type: none"> Pap smears, contraception, STI and HIV/AIDS services, TOP (termination of pregnancy) 	Call Wynberg office for information
Training	Empowerment, building assertiveness and dealing with abuse (English, isiXhosa and Afrikaans)	Call for information
Community Outreach	Many centres across the Cape Town area. Call for more information.	Monday - Thursday 8:30am - 4pm
Contact information		Court support desks
Phone	Head office 021 761 7585 Toll free 0866 518 662	Via fieldworkers – contact head office for more information
Email	admin@mosaic.org.za	Other information
Website	www.mosaic.org.za	<ul style="list-style-type: none"> All services are free. Call or ask for community workers at day hospitals, clinics, police stations and courts.
Address	Head Office 66 Ottery Rd, Wynberg	



New Life Centre

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Informed counselling to help pregnant women make informed decisions regarding single parenting and adoption Provided by qualified social workers 	Office: Monday to Friday 8am - 5pm Shelter: 24 hours	
Shelter	<ul style="list-style-type: none"> Home for pregnant women and adolescents in crisis Can accommodate 7 women at a time 		
Social	<ul style="list-style-type: none"> Involved in adoption process 		
Training	<ul style="list-style-type: none"> Life and job skills E.g. sewing ,beading, general housekeeping , computer skills 		
Contact information		Other information	
Phone	021 945 1765	Appointment	Yes
Fax	021 949 1614	Fee	No
Email	info@newlifecentre.co.za	Admission information	<ul style="list-style-type: none"> Accepts refugees Does not accept children on the premises Primary focus is adoption, not abortion
Address	3 Krige Street, Boston, Bellville Cape Town		

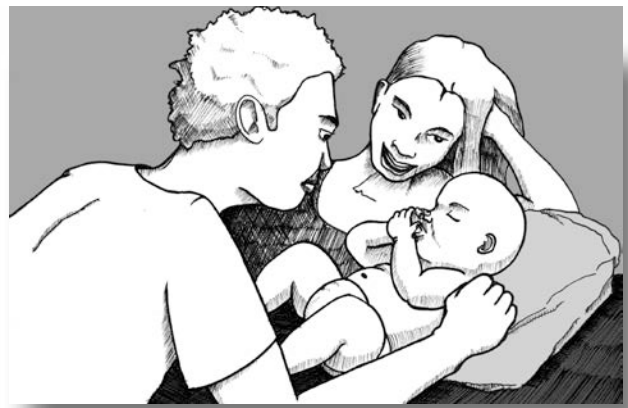
Ons Plek Projects

For girl street children up to 18 years-old

Service		Hours	
<ul style="list-style-type: none"> Individual counselling Support children to leave street life Resettle children in their communities Assist children to attend school Vocational preparation Provide housing 		Monday - Friday 9am - 5pm	
Contact information		Other information	
Phone	Cape Town 021 465 4829 Woodstock 021 448 6529	Appointment	No
Fax	Cape Town 021 461 0530 Woodstock 021 448 3153	Fee	No
Email	onsplek@new.co.za		
Website	www.onsplek.org.za		
Address	In-take shelter 4 Albertus Str, Cape Town Second-stage shelter 7 York Rd, Woodstock	Areas	Cape Town
Contact person	House manager: Gina Jagers		

Parent-Infant Mental Health Services

Service		Hours	
<ul style="list-style-type: none"> Counselling services for infants under the age of three years and their parents Counselling by qualified social workers, psychologists, and psychiatrists 		Monday - Friday 8am - 4:30pm	
Contact information		Other information	
Phone	021 685 4103	Appointment	Yes
Address	46 Sawkins Rd, Rondebosch Division of Child & Adolescent Psychiatry, University of Cape Town	Fee	Sliding scale based on income
		Areas	Service sites in <ul style="list-style-type: none"> Rondebosch Mowbray Hospital Khayelitsha



The Parent Centre

Service		Hours	
Counselling	Counselling is short term and aimed at building a partnership with the parent; parent's own problem-solving ability is encouraged.	Monday – Friday 8am - 4pm	
Parenting Skills	<ul style="list-style-type: none"> Services include support groups, mother and infant bonding, pre and postnatal visits, maternal depression and referral services. Teenage parenting programme 		
Support groups	Groups for mothers and infants, mothers and toddlers and teenage mothers		
Home visiting	In Khayelitsha, Hanover Park, Gugulethu, Imizamo Yethu and Mitchell's Plain.		
Other	<ul style="list-style-type: none"> Community Education and Awareness Training of Trainers - Parenting skills and workshop facilitation training Behaviour Management Training Programme for teachers, educare workers, childcare workers and others 		
Contact information			
Head office Wynberg	Phone	021 762 0116	
	Fax	021 762 5160	
	Email	reception@theparentcentre.org.za	
	Address	Upper Level, Wynberg Centre, 123 Main Rd, Wynberg	
Khayelitsha	Phone	083 257 3386	
Parent-infant home visiting programme	Phone	021 7620116	
	Email	Milly@theparentcentre.org.za	
	Contact	Milly Pekeur	
Teen parenting skills training & support groups	Khayelitsha	Majorie Feni	082 674 2904
	Gugulethu & Nyanga	Bulelwa Kuse	083 257 3541
Other information			
Appointments	Yes - call head office or group.	Fee	Sliding scale based on income. Minimum of R50 -210

Place of Hope

Service	Details	Hours	
Counselling	Services provided by qualified social workers	Monday - Friday 8:30am - 4:30pm	
Shelter	Safe accommodation for abused women and children		
Training	<ul style="list-style-type: none"> Life skills Job skills 		
Contact information		Other information	
Phone	Office hours 021 697 2019/021 696 8202	Appointment	Yes. Please phone ahead to check availability.
	After hours for information only 021 697 1004	Referral information	<ul style="list-style-type: none"> Client will be assessed by the social worker. Please call ahead to check criteria for referral.
Address	233 Lawrence Road Crawford	Fee	No
Contact person	Jenny, Brenda and Mel	Areas	<ul style="list-style-type: none"> Cape Town

PNDSA

Postnatal Depression Support Association of South Africa

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Mental health assessments Individual and telephonic Referrals to professional mental health workers and support groups 	Tuesday & Friday 10am - 1pm	
Resource centre	<ul style="list-style-type: none"> Information for health professionals and the public Information packs available on Maternal Mental Health 	Helpline 7 days a week during office hours	
Contact information		Other information	
Phone	Helpline SMS 'help' to 082 882 0072 021 823 7333	Appointment	Call during office hours for telephonic counselling, referrals and information
Fax	086 645 2536	Fee	<ul style="list-style-type: none"> No fee for telephonic counselling Individual counselling feed on a sliding scale based on income
Email	info@pnDSA.org.za		
Website	www.pnDSA.org.za	Areas	National
Address	2 Hiddingh Road, Bergvliet, Cape Town, 7945		

RAPCAN Resources aimed at the Prevention of Child Abuse & Neglect

Service		Hours	
<ul style="list-style-type: none"> Child protection and support services Child witness support programme 		Monday - Friday 8:30am - 4pm	
Contact information		Other information	
Phone	021 712 2330	Appointment	Yes
Fax	021 712 2365		
Email	info@rapcan.org.za	Fee	No
Website	www.rapcan.org.za		
Address	Waterford House, 3rd Floor Waterford Road, Diep River	Areas	Cape Town

Rape Crisis Support for rape survivors, their family & friends

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Support groups Counselling for partners, family and friends 24-hour telephone support and advice to survivors, partners, family and friends Services provided by trained volunteer counsellors with supervision from qualified social workers Referrals to related professional services if needed 	General Monday - Thursday 9am - 4:30pm Friday 9am - 3:30pm Support groups Wednesday 5:30pm - 7pm <i>After hours appointment may be possible.</i>	
Trauma support	Assistance and care for survivors in clinics during forensic examination and treatment after rape	All hours. Volunteers work in 'victim support rooms' at many local police stations, courts and health facilities.	
Court support	<ul style="list-style-type: none"> Pre-trial consultation and advice Support for survivors during trial 	Call for information.	
Contact information		Other information	
Phone	Head office: Observatory 021 447 1467 Counselling line 021 447 9762 Athlone 021 684 1180 Counselling line 021 633 9229 Khayelitsha 021 361 9228 Counselling line 021 361 9085	Appointment	Yes and walk-ins
		Fee	No
Fax	Fax: 021 447 5458	Areas	Cape Town

Website	www.rapecrisis.org.za		
Address	Head office: 23 Trill Road, Observatory, Cape Town, 7925 One stop rape support centres: <ul style="list-style-type: none"> • Cape Town • Karl Bremer Hospital in Bellville • GF Jooste Hospital, Manenberg • Victoria Hospital 		

Saartjie Baartman Centre for Women & Children

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> • Individual and group counselling • Psycho-educational workshops for shelter residents • Specialised counselling in rape, drug and alcohol abuse, trauma and domestic violence 	Reception: Mon – Fri 8.30am – 4.30pm (come before 3.45pm) Shelter: 24 hour crisis response
Shelter	<ul style="list-style-type: none"> • Transitional housing for abused women and their children (max 4 months) • Second stage housing unit for further 6-9 months (R400-500 per month) 	
Legal	<ul style="list-style-type: none"> • Legal advice • Assistance with protection orders • Maintenance and court preparations 	
Child care	<ul style="list-style-type: none"> • Crèche for pre-school children • School aged children placed in nearby schools 	
Training	<ul style="list-style-type: none"> • Job skills training and job placement: • E.g. Admin work, child care assistant • Training in parenting , assertiveness and home-based care 	
Contact information		Other information
Phone	021 633 5287	Appointment No – walk ins
Fax	021 637 3487	Fee No
Email	admin@saartjiebaartmancentre.co.za	Admission information Accepts refugees
Address	Klipfontein Road, Manenberg, 7764	
Contact person	Intake: Benedict Ross	

SANCA South African National Council on Alcoholism & Drug Dependence

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> • Services related to substance abuse • Comprehensive assessments • Motivational interviewing • Brief intervention • Group and individual counselling sessions • One-stop multi-disciplinary service at the Athlone office: <ul style="list-style-type: none"> - Social workers - Clinical psychologist - Occupational therapist - Registered psychiatric sister - Psychiatrist 	Monday – Friday 8am - 4 pm Saturdays 10am - 12pm (Family sessions)	
Substance abuse prevention	<ul style="list-style-type: none"> • Out-patient programmes • In-patient programmes • 6-month after-care and support for clients who have completed in/our patient programmes. 		
Other	<ul style="list-style-type: none"> • Family education groups • ACT services 		
Contact information			
Athlone	Child welfare offices 157 Lower Klipfontein Road Gatesville	Phone	021 638 5116/5181
		Fax	021 637 2382
Atlantis	1 Dolly centre , 3 Adennes Street, Beacon Hill, Atlantis	Phone	021 572 7461
		Fax	021 572 7641
Khayelitsha	Catholic Welfare Development Centre, E505 Scott St, Khayelitsha	Phone	021 364 6131
		Fax	021 364 5510
Mitchell's Plain	11 Daphne Crescent, Eastridge Mitchell's Plain	Phone	021 397 2196
		Fax	021 397 4617
Paarl	JF Phillips Building, 1st Floor 34 Lady Grey St, Paarl	Phone	021 872 9671
		Fax	021 872 5050
Tygerberg	3 2 nd Avenue Boston, Bellville	Phone	021 945 2099
		Fax	021 919 7383

Scalabrini Centre Support for Refugees

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual and group trauma counselling Educational and recreational therapies 	Welfare desk: Monday – Friday 9am - 4:30pm Health clinic: Every Thursday 10am - 3pm	
Psycho-education	<ul style="list-style-type: none"> Promoting HIV/AIDS awareness and reduce stigma 		
Welfare	<ul style="list-style-type: none"> Legal assistance to obtain or regularise documentation Follow-up of access to disability grants or documentation 		
Shelter	<ul style="list-style-type: none"> Referrals and limited direct assistance for emergency and special cases (e.g. clothing) Schooling of children Meals every Tuesday and Thursday morning for homeless and residents Referred for shelter 		
Medical	<ul style="list-style-type: none"> Complimentary healthcare Sustained support to HIV + clients Referred for medical help 		
Employment	<ul style="list-style-type: none"> Facilitate access to employment for refugees, immigrants and South Africans Provides resources, support, skills and knowledge for job applications Life skills workshops – basic everyday and communication skills 		
Contact information		Other information	
Phone	021 465 6433	Appointment	Depends on the programme
Fax	021 465 6317	Fee	No
Address	47 Commercial Street, Cape Town	Admission information	Accepts pregnant women with and without children
Contact person	<ul style="list-style-type: none"> Miranda: counselling and meals for homeless Kimberley: employment access programme Jennifer: refugees 		

Silverstream Community Project

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Grief counselling 	Monday and Friday 8am - 1pm or 2pm	
Training	<ul style="list-style-type: none"> Grief counselling HIV/AIDS and TB awareness Food parcels Vacation programmes 	Tues, Wed and Thur 9am – 1pm	
Contact information		Other information	
Phone	021 637 6957	Appointment	Yes
Cell	073 577 6258/084 891 6300		
Address	Silverstream Church Corner of Ruimte Rd and Great Fish Ave, Manenberg	Fee	Yes
		Areas	Gugulethu
Contact person	Ps Wayne Janecke		
Email	wjanecke@radahwholelife.co.za mjanecke@radahwholelife.co.za		

Sisters Inc.

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Individual Group Services provided by a qualified psychologist and social workers 	Monday- Friday 8:30am - 4:30pm	
Social services	<ul style="list-style-type: none"> Adoptions 		
Shelter	<ul style="list-style-type: none"> Safe accommodation for abused mothers and children(1-10 years) 	Call to check availability	
Training	<ul style="list-style-type: none"> Job skills and job creation 	Training for residents	
Contact information		Other information	
Phone	021 797 4190	Appointment	Yes
Fax	021 797 4190		
Email	sistersinc@telkomsa.net	Fee	Sliding scale
Address	32 Ascot Road, Kenilworth		
Contact person	Angela Dewar	Areas	Cape Town

Sothemba AIDS Action

Service		Hours	
<ul style="list-style-type: none"> Individual counselling by appointment Food parcels 		Monday -Friday 08am - 5pm	
Contact information		Other information	
Phone	021 948 7699/7560	Appointment	Call
Email	aag@icon.co.za	Fee	No
Address	7 Meath Street, Oakdale, Bellville, 7530	Areas	Elsies Rivier
Contact person	Elmeien Grobblars		

St Anne's Home

Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> Monthly support groups for HIV+ people Provided by qualified social workers, nurses and psychologists 	Office: Monday - Friday 8am - 5pm and 7pm – 7am (night duty) Shelter: 24 hours	
Shelter	<ul style="list-style-type: none"> Shelter for the homeless, abused, destitute persons, especially women and children Provide soup daily in the community in Cape Town 		
Medical	<ul style="list-style-type: none"> Treatment and support for people with HIV/AIDS and TB Drug addiction rehabilitation programme 		
Training	<ul style="list-style-type: none"> Develop life skills Create educational opportunities Early childhood educational programme 		
Contact information		Other information	
Phone	021 933 0990	Appointment	Yes (background report needed) and walkins
Cell	072 302 9638	Fee	Shelter: R800 per month No fees for other services
Email	tehillahcc@polka.co.za		
Address	196 16th Avenue, Leonsdale Elsies Rivier 7490	Admission information	Accepts pregnant women. Do not accept refugees.

Thuthuzela Forensic Unit

For rape survivors

Service	Details	Hours	
Counselling	Counselling and emotional support for survivors	Kayelitsha District Hospital: Open 24 hours 7 days a week Site B Hospital 8am – 4pm	
Sexual and reproductive health	<ul style="list-style-type: none"> • Contraception and emergency contraception • Forensic examination and counselling for rape survivors • HIV/AIDS and VCT services • IUCD insertion, check and removal • Pregnancy tests • Tests and treatment for STIs • TOP (termination of pregnancy) with pre-and post-counselling (only in Wynberg) 		
Contact information		Other information	
Phone	Toll free : 0800 330 101 Office : <ul style="list-style-type: none"> • 021 360 4200 • 021 360 4570 • 021 360 4293 	Appointment	No
		Fee	No
		Areas	Khayelitsha
Fax	021 361 7818	Address	Site B Lwandle Road, Site B Hospital, Khayelitsha

Trauma Centre For Survivors of Violence & Torture

Service	Hours
<ul style="list-style-type: none"> • Counselling for victims, survivors or witnesses of trauma and violence and their families. • Individual and group counselling. • Services provided by qualified social workers and psychologists. 	Monday - Friday 8:30am - 4pm
Contact information	
Phone	021 465 7373
Address	126 Chapel Street, Woodstock
Contact person	Valdi Vav Reened-le Roux
Fax to email	0864060474
Website	www.trauma.org.za
email	info@trauma.org.za
Other information	
Appointment	Yes and Walk-ins
Fee	No – as donation
Areas	Cape Town

Umthawelanga Family support for the terminally ill

Service	Details	Hours
Counselling	<ul style="list-style-type: none"> Individual Support groups 	Monday - Friday 9am - 5pm
Support for children and orphans	Connect terminally ill parents and foster parents	
Contact information		Other information
Phone	021 361 7863	Appointment Yes and walkins
Cell	083 425 7819 or	
Email	umthawelanga@kingsley.co.za	
Address	<ul style="list-style-type: none"> E505 Scott St, No. 7 Masiphulisane Centre, Khayelitsha P.O Box 16, Khayelitsha 	Fee No
Contact person	Vivian or Mciteka	Areas Khayelitsha

Western Cape Network on Violence against Women

Service	Hours
Coordinates services and resources for women who have been abused, including: <ul style="list-style-type: none"> Individual counselling provided by NICRO or Rape Crisis trained counsellors. Referrals for pregnant clients to day hospital School and crèche placement 	Monday - Friday 9am - 4pm
Contact information	
Phone	021 633 5287
Fax	021 637 6704
Address	Saartjie Baartman Centre, Klipfontein Road, Manenberg
Other information	
Appointment	Yes
Fee	No
Areas	Cape Town

Women in Need

Service	Details	Hours
Social	<ul style="list-style-type: none"> Provide homeless women and their children with support Crèche 	Monday – Friday 8am - 4pm
Training	<ul style="list-style-type: none"> In first aid In establishment and running of crèches 	
Contact information		Other information
Phone	021 448 6484	Appointment Yes
		Fee No
Address	22 Regent road, Woodstock	Admission information Does not accept refugees

Women's Legal Centre

Service		Hours	
Legal advice and support relating to <ul style="list-style-type: none"> relationship, marriage, land and housing rights labour rights health and reproductive rights, violence against women 		Monday – Friday 8:30am - 5pm	
Contact information		Other information	
Phone	021 424 5660	Appointment	Yes and walkins
Fax	021 4245206	Fee	No
Address	7 th Floor Consitution House 124 Adderly Street, Cape Town	Areas	Cape Town
Website	www.wlce.co.za		

YMCA Mitchell's Plain

Service	Details	Hours	
Support groups	Groups held once a month	Call for information	
Adolescent services	A range of services for adolescents	Call for information	
Contact information		Other information	
Phone	021 391 0564	Appointment	Call
Cell	083 461 8763		
Email	cflatsy@mweb.co.za	Fee	No
Address	7 Pisa Close, Portlands, Mitchell's Plain		
Contact person	Ricardo de Reuck	Areas	Mitchell's Plain

Youth Interfacing Catholic Development Centre

Service	Details	Hours	
Life Skills	<ul style="list-style-type: none"> For children aged 6 – 35 years Sport and recreational activities Arts and cultural programmes 	Call for information 9am – 5pm Mon - Fri	
Contact information		Other information	
Phone	Cape Town 021 762 6372	Appointment	Yes
Address	Head office: 220 Ottery Road, Ottery	Fee	No
Contact person	Nosakhele Mpushe and Donna Voges	Areas	Ottery
Website	www.cwd.org.za		
Email	Donna.voges@ced.org.za		

National Help Lines

National Mental Health Information Line

0800 567 567

Organisation	Number
Advice Desk for Abused Women	031 262 9673 or 031 262 5231
AIDS Helpline	0800 012 322
Alcoholics Anonymous	0861 435 722
Care Assist (health & psychiatric concerns help line)	011 359 5000
Child Line	080 005 5555 or 021 461 1114
Child Welfare	0800 435 754
Compassionate Friends	011 440 6322 or 082 317 4947
Domestic Violence Assistance Programme	031 260 1588
Emergency contraception helpline	0800 246 432
FAMSA	021 447 7951
Gay & Lesbian Association	011 717 4239
Lifeline	0861 322 322 or 021 461 1111
Love Life Sexual Health Line	0800 121 900
Marie Stopes (pregnancy, emergency contraception, abortion)	0800 11 77 85
Mental Health Information Centre	0800 600 411
Mental Health Society	011 614 9890
Narcotics Anonymous	083 900 6962
Obsessive-Compulsive Disorder Association	011 786 7030
People Opposing Women Abuse (POWA)	011 642 4345/4346
PNDSA	SMS 'help' and name to 082 882 0072
Rape and Trauma Line	021 447 9762 or 083 222 5158
SA Depression and Anxiety Group	011 262 6396
Safeline	0800 035 553
Schizophrenia Foundation of SA	0860 100 541
Sexual Health Helpline	0860 100 262
Stop Gender Violence helpline	0800 150 150
Western Cape Mental Health Service Directory	021 483 4003/4270/5660/4572

Provincial Numbers

Contact your provincial departments of health and social development to ask for the **provincial mental health directory**.

The Western Cape Directory is available at www.capegateway.gov.za.

Province	Health	Social Development
Gauteng	011 355 3682	011 355 3682
KwaZulu-Natal	Health Desk 0800 00 5133 Dept of Health 033 345 0792	033 264 5402
Limpopo	015 293 6000 015 293 6011 / 6294	015 293 6011 / 6294
Mpumalanga	013 766 3031	013 766 3082
Northern Cape	053 830 2000 / 2102	053 874 9298
Free State	051 408 1106 / 1101	051 400 0307
Eastern Cape	040 608 1111	040 608 9134
North West	018 387 5830	018 388 1668 / 2043
Western Cape	021 483 3647	021 483 3083

Areas	Social work managers	Contacts
Athlone	Mr Lionel Woldson	021 696 8038/8057
Gugulethu & Phillipi	Ms Pumeza Magadla	021 638 5151/5152/5153
Fishhoek, Wynberg & Retreat	Mr Collin Smith	021 736 6200
Mitchell's Plain 1&2	Ms Mandisa Nogoduka	021 370 4800/4801



Your Resources

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes

Organisation

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes

Organisation ---

Service	Details	Hours	
Contact information		Other information	
<i>Phone</i>		<i>Appointment</i>	
<i>Fax</i>			
<i>Cell</i>		<i>Referral information</i>	
<i>Email</i>			
<i>Website</i>			
<i>Address</i>			
<i>Contact person</i>		<i>Fee</i>	

Notes



Perinatal Mental Health Project

Caring for mothers.
Caring for the future.

www.pmhp.za.org

[Perinatal Mental Health Project](#)

Alan J Flisher Centre for Public Mental Health
Department of Psychiatry and Mental Health
University of Cape Town
Building B, 46 Sawkins Road
Rondebosch, 7700
Cape Town, South Africa

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Phone: +27 (0) 21 689 8390
Fax: +27 (0) 86 648 2844

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