

2017

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

## ATTIC

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

## Beautiful Gate

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

## CAFDA

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



## Cape Mental Health

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

## Cape Town Drug Counselling Centre

Service	Details	Hours
<b>Counselling</b>	<ul style="list-style-type: none"> <li>individual</li> <li>family</li> <li>group</li> <li>telephonic counselling</li> <li>qualified psychologists and social workers</li> </ul>	Monday - Thursday 8:30am - 4:30pm
<b>Substance abuse</b>	Assessment and outpatient treatment of drug problems (excluding alcohol abuse)	Friday 9am - 4pm
<b>Other</b>	<ul style="list-style-type: none"> <li>medical and complementary health services</li> <li>no methadone for heroin detoxification</li> </ul>	
Contact information		Other information
<b>Phone</b>	<ul style="list-style-type: none"> <li>Observatory: 021 447 8026</li> <li>Mitchell's Plain: 021 397 0103</li> <li>Atlantis: 021 571 7180</li> </ul>	<b>Appointment</b> Yes – call to make an appointment
<b>Website</b>	www.drugcentre.org.za	<b>Fee</b> Sliding scale based on income R20 - R180 per person
<b>Address</b>	<ul style="list-style-type: none"> <li>1 Roman Rd, Observatory 7925</li> <li>Unit 12 Woolworths Arcade</li> <li>1 Civet Street, Eastridge, Mitchell's Plain 7785</li> <li>Drosdy Building Wesfleur Circle, Saxon Sea, Atlantis, 7800</li> </ul>	<b>Areas</b> Cape Town, Observatory and Mitchell's Plain, Atlantis

## Cape Town Refugee Centre

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



## Care Haven Shelter linked to Salvation Army

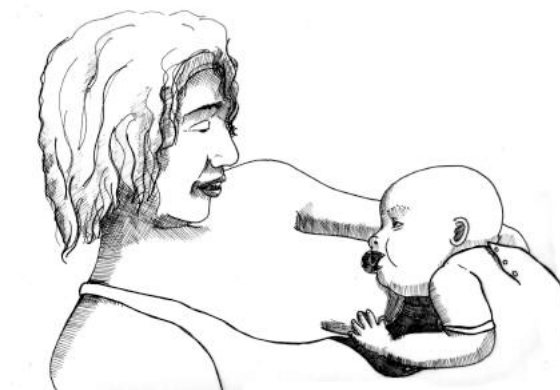
Service	Details	Hours	
<b>Counselling</b>	Individual counselling provided by qualified social workers	Monday - Friday 8:30am – 4:30pm	
<b>Shelter</b>	<ul style="list-style-type: none"> <li>Residential accommodation for abused women and their children</li> <li>Maximum stay of 3 months</li> <li>Children (girls to age 16, boys to age 12) must be accompanied by their mother</li> </ul>		
<b>Training</b>	<ul style="list-style-type: none"> <li>Life skills</li> <li>Parenting</li> <li>Training programmes are for residents</li> </ul>		
Contact information		Other information	



<b>Phone</b>	021 638 5511	<b>Appointment</b>	Yes
<b>Email</b>	careaids@iafrica.com	<b>Referral information</b>	<ul style="list-style-type: none"> <li>• Client needs a letter of referral from a doctor, psychologist or social worker</li> <li>• Client will be assessed by the Care Haven social worker to see if criteria are fulfilled</li> </ul>
<b>Address</b>	22 Tarentaal Bridgetown Call for more details	<b>Fee</b>	<ul style="list-style-type: none"> <li>• If earning:</li> <li>• R25/week: shared room</li> <li>• R75/week: single room</li> <li>• No fee if not earning</li> </ul>
<b>Contact person</b>	Major Frankie	<b>Areas</b>	Cape Town

## Child Welfare Society

Service	Details			Hours
<b>Counselling</b>	<ul style="list-style-type: none"> <li>• This organisation helps children in need of care (usually 0- 18 years old)</li> <li>• Counselling by qualified social workers</li> </ul>			Monday - Friday 8am - 4:30pm
<b>Child abuse</b>	<ul style="list-style-type: none"> <li>• Assistance for abused children</li> <li>• Investigation of child abuse</li> </ul>			
<b>Social services</b>	<ul style="list-style-type: none"> <li>• Adoption services</li> <li>• Foster care services</li> <li>• Community development e.g. monitoring 'at risk' families, job skills, job creation</li> </ul>			
Contact information				
<b>Phone &amp; Fax</b>	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
<b>Email</b>	information@helpkids.org.za			<b>Other information</b>
<b>Website</b>	www.helpkids.org.za			<b>Appointment</b> Yes
<b>Address</b>	Head Office: Lower Klipfontein Rd Gatesville Hanover Park: 37 Ryston Road Khayelitsha: Bancedoni Centre, Site C, Khayelitsha Manenberg: Old SHAWCO Building, Kasouga Road			<b>Fee</b> No



## Delft Day Hospital & Clinic

Service	Details	Hours	
<b>Counselling</b>	• Individual counselling	Monday – Friday, 8am-4pm	
	• Support Groups	Wed 8am - 3pm	
<b>HIV/AIDS Services</b>	• 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		
<b>Contact information</b>		<b>Other information</b>	
<b>Phone</b>	021 954 2235/28/37	<b>Appointment</b>	Yes
<b>Fax</b>	021 954 1207		
<b>Address</b>	Cnr Delf Main Road and Laiden Main Road, Voorbrug, Eerste River, 7100	<b>Fee</b>	No Cost applies for spectacles only
<b>Contact person</b>	• Sr Kiviet • Mr Horne	<b>Areas</b>	Delft

## Empilweni Centre

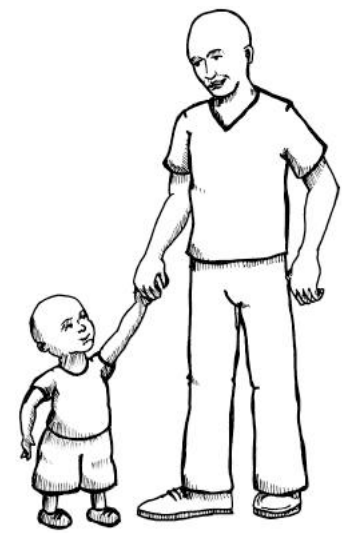
Service	Details	Hours	
<b>Counselling</b>	• Individual	Monday - Thursday 9am - 4pm	
	• Children with behavioural problems		
<b>Support Groups</b>	Parent support group	<i>Call or attend clinic for more information.</i>	
<b>HIV/AIDS Services</b>	• Children infected and affected by HIV/AIDS • Parent support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

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

Service	Details	Hours	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>Individual</li> <li>Family</li> <li>Bereivement</li> <li>Trauma and domesic violence</li> <li>Anger management</li> </ul>	Monday - Friday 8:00am – 4pm	
Contact information		Other information	
<b>Phone</b>	Observatory: 021 447 7951 Elsies Rivier: 021 933 0192 Khayelitsha: 021 361 9098 Mitchell's Plain: 021 391 6015 Du noon/Joe Slovo: 0711556536 Factretion/Kensington: 021 5938074	<b>Appointment</b>	Call
		<b>Fee</b>	Depends on income
<b>Cell</b>	082 231 0373/4470	<b>Areas</b>	Observatory Elsies Rivier Khayelitsha Mitchell's Plain Du noon/Joe Slovo Factretion/Kensington
<b>Email</b>	famsa@famsawc.org.za		
<b>Website</b>	www.famsawc.org.za		
<b>Address</b>	9 Bowden Rd, Observatory, 7925		

## Heaven's Nest

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



## Homestead Intake Shelter

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

## Hope Pregnancy Help Centre

Service	Contact information	
Pregnancy and TOP services (termination of pregnancy)	<b>Phone</b>	021 886 6898
	<b>Areas</b>	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	
<b>Church activities</b>	<ul style="list-style-type: none"> <li>• Church services: weddings, funerals, rallies, bible classes</li> <li>• Choir training</li> <li>• Normal meetings</li> </ul>	Monday-Sunday 8am - 1pm  <i>Call for more information</i>	
<b>Soup kitchen</b>	<ul style="list-style-type: none"> <li>• Provided by volunteers</li> <li>• For elderly, sick, disabled and homeless people of the Imizamo Yethu Community</li> <li>• Occasionally also for outside groups on contract</li> <li>• Food parcels also handed out once a week</li> </ul>		
<b>Welfare</b>	<ul style="list-style-type: none"> <li>• Guidance, advice and prayer on personal matters</li> <li>• Assistance with transport, help with disability grants</li> <li>• Shelter for homeless people from natural disasters</li> <li>• Material assistance: food, clothing, plastic to cover roofs</li> </ul>		
<b>Health</b>	<ul style="list-style-type: none"> <li>• Accommodation for 10 ill men and women</li> <li>• Patients cared for by home-based care worker organisation</li> <li>• Information sessions on HIV/AIDS, tuberculosis, malnutrition and STDs</li> <li>• Assistance, advice and training to pregnant women and after child birth</li> </ul>		
<b>Training</b>	<ul style="list-style-type: none"> <li>• Sewing, beading work, cooking, pottery</li> <li>• Fabric painting, mosaic, leatherwork and woodwork</li> <li>• Computer literacy</li> </ul>		
Contact information		Other information	
<b>Phone</b>	021 790 5827	<b>Appointment</b>	No
<b>Fax</b>	021 790 5839		
<b>Email</b>	<a href="mailto:hbcca@iafrica.com">hbcca@iafrica.com</a>	<b>Referral information</b>	No
<b>Website</b>	<a href="http://www.hbcca.co.za">www.hbcca.co.za</a>		
<b>Address</b>	Iziko Lobomi Centre Mandela Road Imizamo Yethu Hout Bay 7806	<b>Fee</b>	<ul style="list-style-type: none"> <li>• Small fee for equipment used if sell goods produced from skills training</li> <li>• R1 for food (free if necessary)</li> </ul>
<b>Contact persons</b>	Office administrator: Noxolo Gladile Welfare and health care: Marion Franke Supervisor kitchen: Pakamisa Lucas		

## Ilitha Labantu

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

## Islamic Resource Foundation of South Africa

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

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



Service	Details	Hours	
Counselling	<ul style="list-style-type: none"> <li>• Individual, marriage and family</li> <li>• Youth conflict</li> <li>• Services provided by social workers and auxillary social workers</li> <li>• Parenting classes</li> <li>• Youth risk assessment</li> </ul>	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"> <li>• Criminal</li> <li>• Civil</li> <li>• Child custody</li> </ul>	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"> <li>• 2nd floor, Melofan House Old Klipfontein Road, Athlone</li> <li>• 5<sup>th</sup> Floor Nedbank Building, 85 St George's Mall Street, Cape Town</li> </ul>	<i>Fee</i>	Depends on payslip if working
		<i>Areas</i>	Cape Town Athlone

## Life Line - Western Cape

Service	Details	Hours	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>Full range of mental health and support services for: crises, emotional stress, trauma, rape, abuse</li> <li>Referrals to professional and community services</li> <li>Children who are rape victims or who have lost family</li> <li>Telephone counselling available</li> <li>All counsellors have completed Lifeline training programmes</li> </ul>	<b>24 hour telephone counselling service</b>  Adults: 0861 322 322 Children: 0800 055 555  <b>Individual appointments</b> Mon-Thur 8:30am - 4pm Fri 8:30pm – 3:30pm	
Contact information		Other information	
<b>Emergencies</b>	021 461 1111	<b>Appointment</b>	Yes and Face-Face
<b>Phone</b>	<b>Head office:</b> 021 461 1113 <b>Parow:</b> 021 930 0859 <b>Khayelitsha:</b> 021 361 9197 <b>Mitchell's Plain:</b> 021 3760000 <b>Wynberg:</b> 021 7628198	<b>Fee</b>	No
<b>Fax</b>	021 461 6400	<b>Areas</b>	Cape Town Parow Khayelitsha Wynberg Mitchell's Plain
<b>Website</b>	www.lifeline.org.za		
<b>Email</b>	info@lifelinewc.org.za		
<b>Address</b>	56 Roeland Street, Cape Town		

## Loaves & Fishes Shelter

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



## Mater Domini

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

## Mental Health Information Centre

Service	Hours
<ul style="list-style-type: none"> <li>• Resource center provides information on all mental health issues to inform the general population.</li> <li>• Pamphlets on the different Mental Health disorders are distributed.</li> <li>• Referrals to professional mental health workers and support groups.</li> </ul>	Monday - Friday 8am - 4pm
Contact information	Other information
<b>Phone</b>	<b>Appointment</b> Yes
021 938 9229 021 938 9029	
<b>Fax</b>	<b>Fee</b> No
021 938 9795	
<b>Email</b> <a href="mailto:mhic@sun.ac.za">mhic@sun.ac.za</a>	
<b>Website</b>	<b>Areas</b> National
<a href="http://www.mentalhealthsa.co.za">www.mentalhealthsa.co.za</a>	
<b>Address</b>	
Clinical Building, Faculty of Health Sciences, Stellenbosch University, Fransie van Zijl Boulevard, Room K2033, Tygerberg 7505	

**Mosaic**  
 Training, Service & Healing Centre for  
 Women



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

## New Life Centre

Service	Details	Hours	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>Informed counselling to help pregnant women make informed decisions regarding single parenting and adoption</li> <li>Provided by qualified social workers</li> </ul>	<b>Office:</b> Monday to Friday 8am - 5pm  <b>Shelter:</b> 24 hours	
<b>Shelter</b>	<ul style="list-style-type: none"> <li>Home for pregnant women and adolescents in crisis</li> <li>Can accommodate 7 women at a time</li> </ul>		
<b>Social</b>	<ul style="list-style-type: none"> <li>Involved in adoption process</li> </ul>		
<b>Training</b>	<ul style="list-style-type: none"> <li>Life and job skills</li> <li>E.g. sewing ,beading, general housekeeping , computer skills</li> </ul>		
Contact information		Other information	
<b>Phone</b>	021 945 1765	<b>Appointment</b>	Yes
<b>Fax</b>	021 949 1614	<b>Fee</b>	No
<b>Email</b>	<a href="mailto:info@newlifecentre.co.za">info@newlifecentre.co.za</a>	<b>Admission information</b>	<ul style="list-style-type: none"> <li>Accepts refugees</li> <li>Does not accept children on the premises</li> <li>Primary focus is adoption, not abortion</li> </ul>
<b>Address</b>	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"> <li>Individual counselling</li> <li>Support children to leave street life</li> <li>Resettle children in their communities</li> <li>Assist children to attend school</li> <li>Vocational preparation</li> <li>Provide housing</li> </ul>	Monday - Friday 9am - 5pm		
Contact information		Other information	
<b>Phone</b>	<b>Cape Town</b> 021 465 4829 <b>Woodstock</b> 021 448 6529 <b>Mowbray</b> 021 6854052/49	<b>Appointment</b>	No
<b>Fax</b>	<b>Cape Town</b> 021 461 0530 <b>Woodstock</b> 021 448 3153	<b>Fee</b>	No
<b>Email</b>	<a href="mailto:onsplek@new.co.za">onsplek@new.co.za</a>		
<b>Website</b>	<a href="http://www.onsplek.org.za">www.onsplek.org.za</a>	<b>Areas</b>	Cape Town Mowbray Woodstock
<b>Address</b>	<b>In-take shelter</b> 4 Albertus Str, Cape Town <b>Second-stage shelter</b> 7 York Rd, Woodstock 7 Malleson Rd, Mowbray, Mowbray		
<b>Contact</b>	House manager: Gina Jagers		

## Parent-Infant Mental Health Services



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

## The Parent Centre

Service		Hours	
<b>Counselling</b>	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	
<b>Parenting Skills</b>	<ul style="list-style-type: none"> <li>Services include support groups, mother and infant bonding, pre and postnatal visits, maternal depression and referral services.</li> <li>Teenage parenting programme</li> </ul>		
<b>Support groups</b>	Groups for mothers and infants, mothers and toddlers and teenage mothers		
<b>Home visiting</b>	In Khayelitsha, Hanover Park, Gugulethu, Imizamo Yethu and Mitchell's Plain.		
<b>Other</b>	<ul style="list-style-type: none"> <li>Community Education and Awareness</li> <li>Training of Trainers - Parenting skills and workshop facilitation training</li> <li>Behaviour Management Training Programme for teachers, educare workers, childcare workers and others</li> </ul>		
Contact information			
<b>Head office Wynberg</b>	<b>Phone</b>	021 762 0116	
	<b>Fax</b>	021 762 5160	
	<b>Email</b>	reception@theparentcentre.org.za	
	<b>Address</b>	Upper Level, Wynberg Centre, 123 Main Rd, Wynberg	
<b>Khayelitsha</b>	<b>Phone</b>	083 257 3386	
	<b>Phone</b>	021 7620116	

<b>Parent-infant home visiting programme</b>	<b>Email</b>	Milly@theparentcentre.org.za		
	<b>Contact</b>	Milly Pekeur		
<b>Teen parenting skills training &amp; support groups</b>	<b>Khayelitsha</b>	Majorie Feni	082 674 2904	
	<b>Gugulethu &amp; Nyanga</b>	Bulelwa Kuse	083 257 3541	
<b>Other information</b>				
<b>Appointments</b>	Yes - call head office or group.	<b>Fee</b>	Sliding scale based on income. Minimum of R50 -210	

## Place of Hope

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

## RAPCAN Resources aimed at the Prevention of Child Abuse & Neglect

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

## Rape Crisis Support for rape survivors, their family & friends

Service	Details	Hours	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>• Individual</li> <li>• Support groups</li> <li>• Counselling for partners, family and friends</li> <li>• 24-hour telephone support and advice to survivors, partners, family and friends</li> <li>• Services provided by trained volunteer counsellors with supervision from qualified social workers</li> <li>• Referrals to related professional services if needed</li> </ul>	<b>General</b> Monday - Thursday 9am - 4:30pm Friday 9am - 3:30pm <b>Support groups</b> Wednesday 5:30pm - 7pm <b>After hours appointment may be possible.</b>	
<b>Trauma support</b>	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.	
<b>Court support</b>	<ul style="list-style-type: none"> <li>• Pre-trial consultation and advice</li> <li>• Support for survivors during trial</li> </ul>	Call for information.	
Contact information		Other information	
<b>Phone</b>	<b>Head office: Observatory</b> 021 447 1467 <b>Counselling line</b> 021 447 9762 <b>Athlone</b> 021 684 1180 <b>Counselling line</b> 021 633 9229 <b>Khayelitsha</b> 021 361 9228 <b>Counselling line</b> 021 361 9085	<b>Appointment</b>	Yes and walk-ins
		<b>Fee</b>	No
<b>Fax</b>	Fax: 021 447 5458	<b>Areas</b>	Cape Town
<b>Website</b>	<a href="http://www.rapecrisis.org.za">www.rapecrisis.org.za</a>		
<b>Address</b>	<b>Head office:</b> 23 Trill Road, Observatory, Cape Town, 7925 <b>One stop rape support centres:</b> <ul style="list-style-type: none"> <li>• Cape Town</li> <li>• Karl Bremer Hospital in Bellville</li> <li>• GF Jooste Hospital, Manenberg</li> <li>• Victoria Hospital</li> </ul>		

## Saartjie Baartman Centre for Women & Children



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

## SANCA South African National Council on Alcoholism & Drug Dependence

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



## Scalabrini Centre Support for Refugees

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

## Silverstream Community Project

Service	Details	Hours	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>• Individual</li> <li>• Grief counselling</li> </ul>	Monday and Friday 8am - 1pm or 2pm Tues, Wed and Thur 9am – 1pm	
<b>Training</b>	<ul style="list-style-type: none"> <li>• Grief counselling</li> <li>• HIV/AIDS and TB awareness</li> <li>• Food parcels</li> <li>• Vacation programmes</li> </ul>		
Contact information		Other information	

<b>Phone</b>	021 637 6957	<b>Appointment</b>	Yes
<b>Cell</b>	073 577 6258/084 891 6300		
<b>Address</b>	Silverstream Church Corner of Ruimte Rd and Great Fish Ave, Manenberg	<b>Fee</b>	Yes
		<b>Areas</b>	Gugulethu
<b>Contact person</b>	Ps Wayne Janecke		
<b>Email</b>	<a href="mailto:wjanecke@radahwholelife.co.za">wjanecke@radahwholelife.co.za</a> <a href="mailto:mjanecke@radahwholelife.co.za">mjanecke@radahwholelife.co.za</a>		

## Sisters Inc.

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

## Sothemba AIDS Action

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

## St Anne's Home

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

## Thuthuzela Forensic Unit

For rape survivors

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

## Trauma Centre For Survivors of Violence & Torture

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

## Umthawelanga Family support for the terminally ill

Service	Details	Hours	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>Individual</li> <li>Support groups</li> </ul>	Monday - Friday 9am - 5pm	
<b>Support for children and orphans</b>	Connect terminally ill parents and foster parents		
Contact information		Other information	
<b>Phone</b>	021 361 7863	<b>Appointment</b>	Yes and walkins
<b>Cell</b>	083 425 7819 or		
<b>Email</b>	<a href="mailto:umthawelanga@kingsley.co.za">umthawelanga@kingsley.co.za</a>		
<b>Address</b>	<ul style="list-style-type: none"> <li>E505 Scott St, No. 7 Masiphulisane Centre, Khayelitsha</li> <li>P.O Box 16, Khayelitsha</li> </ul>	<b>Fee</b>	No
<b>Contact person</b>	Vivian or Mciteka	<b>Areas</b>	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"> <li>• Individual counselling provided by NICRO or Rape Crisis trained counsellors.</li> <li>• Referrals for pregnant clients to day hospital</li> <li>• School and crèche placement</li> </ul>		Monday - Friday 9am - 4pm	
Contact information		Other information	
<b>Phone</b>	021 633 5287	<b>Appointment</b>	Yes
<b>Fax</b>	021 637 6704	<b>Fee</b>	No
<b>Address</b>	Saartjie Baartman Centre, Klipfontein Road, Manenberg	<b>Areas</b>	Cape Town

## Women in Need

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

## Women's Legal Centre

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

## YMCA Mitchell's Plain

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

## Youth Interfacing Catholic Development Centre

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

# National Help Lines

**National Mental Health Information Line**

**0800 567 567**

<b>Organisation</b>	<b>Number</b>
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](http://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

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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**

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# Organisation

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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**

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## 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>	

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## Organisation ---

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

**Notes**

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