

# Mental Health Resource Directory

**2009**

Stop Exclusion .....Dare To Care



Provincial Administration  
Of the  
Western Cape  
Department of Health

# Mental Health Resource Directory

**Distributed by**

**Department of Health**

**Provincial Administration of the Western Cape**

P. O. Box 2060

**Cape Town**

8000

For more information:

Directorate: Public Health

**Sub-directorate: Mental Health Programme**

The Department of Health (PAWC) will attempt to produce this directory annually. Your comments and additional information for future editions will be appreciated.

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2009

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PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
PROVINCIAL MENTAL HEALTH SERVICES

HOSPITAL	CONTACT NUMBERS	ADDRESS	SERVICE OFFERED
Groote Schuur Hospital	Tel: (021) 404 2151 Fax: (021) 404 2153	Dept of Psychiatry Groote Schuur Hosp. J2, Anzio Road Observatory, 7925 Psychiatric Emergency Unit Ward C 23	Specialised services for selected mental health disorders
Tygerberg Hospital	Tel: (021) 938 5120 Fax: (021) 938 6301	Dept. of Psychiatry Private Bag X3 Tygerberg 7505 Psychiatric Emergency Unit. J Lower Ground	
Valkenberg Hospital	Tel: (021) 440 3111 Fax: (021) 447 6041	Private Bag X1 Observatory, 7935	Specialised in-and outpatient care
Lentegeur Hospital	Tel: (021) 370 1111 Fax: (021) 371 7359	Private Bag X4 Mitchell's Plain, 7789	
Stikland Hospital	Tel: (021) 940 4400 Fax: ( 021) 910 3508	Private Bag X13 Belville, 7535	
Alexandra Hospital	Tel: (021) 503 5000 Fax: (021) 511 1919	Private Bag X1 Maitland, 7405	

PROVINCIAL HEALTH SERVICES FOR CHILDREN

- RED CROSS CHILD AND FAMILY UNIT

✉ 46 Sawkins Road, Rondebosch, 7700

☎ (021) 685 4103

📞 (021) 685 4107

Out-patient services for children and adolescents with mental health difficulties, including a specialist in-patient service for children under 12 (Therapeutic Learning Centre).

- WILLIAM SLATER

✉ Private Bag X9, Rondebosch, 7700

☎ (021) 685 5116

📞 (021) 689 1343

In and out-patient services for adolescents (13 – 18 years) with mental health concerns.

- TYGERBERG CHILD AND FAMILY UNIT

✉ Private Bag X3, Tygerberg, 7505

☎ (021) 938 4573

☎ (021) 938 6111

- LENTEGEUR CHILD AND FAMILY UNIT

✉ Lenteguur Hospital, Mitchell's Plain, 7785

☎ (021) 370 1498

☎ (021) 371 73590/ 370 1498

In and out-patient services for children and adolescents with mental health concerns.

PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
 REGIONAL MENTAL HEALTH SERVICES: METROPOLE

REGIONAL MENTAL HEALTH TEAMS		
Metro	Dr Peter Ashman – Community Psychiatrist	Valkenberg Hospital  4403111
Metro	Cathy Aaron – Clinical Psychologist	Metro District Health Services, P.O.Box X15,Parow, 7500 Tel: (021) 9181706 Fax: (021) 9498153
Metro	Dr. Andrew Hooper Community Psychiatrist	Lentegeur Hospital  370 111
Metro	Dr. Lategan Psychiatrist	Stikland Hospital Tel. 021 940 4400
Metro	Emilita Pecego – Clinical Psychologist	Metro District Health Services, P.O.Box X15,Parow, 7500 Tel: (021) 9181706 Fax: (021) 9498153

WESTERN SUB DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIMES
Robbie Nurock CHC	89 Buitekant Str, Cape Town, 8001	461 – 1124	461– 7962	Vacant	Mon /Tues
Green Point CHC	Portwood Road Green Point 8051	421-0288	421-0296	Vacant	Weds.\ Thurs.
Kensington CHC	6 <sup>th</sup> Ave. Kensington 7405	593-0378 593- 1150\1	593-0933	Mr. Landolt	Monday & Tuesday
Woodstock CHC	Mountain Rd. Woodstock 7925	460 9115 460-9100	447-1959	SPN CI George	Mon.\ Tues.
Maitland MLC	2 Norfolk Rd. Maitland 7405	511-6272 511-2523	510-6473	SPN CI George	Wed /Thurs.
Westfleur Hospital	Westfleur Shopping centre Atlantis 7349	571-8040		SPN. McCart	
ProteaPark MLC	Gardenia Street Atlantis 7349	572-4696	572-6968	SPN. McCart	
Saxonsea MLC	Cnr Hermes & Grouvener Ave. Saxonsea 7349	572-4782	572-0339	SPN. McCart	
Mamre CHC	Cnr. Liederman & Adam St. Mamre 7347	576-1175	576-1917	SPN. McCart	
Goodhope CHC	Justin st Ysterplaat 7405	511-8606	511-3059	Mr. Landolt	Tuesday
Tableview MLC	South Rd. Tableview, 7441	557- 1065\6	557-6959	At Good Hope	
Vanguard CHC	Citrus & Candlewood street Bonteheuwel7764	694- 5540/1/3	694 5584	Mr. Mathi SPN. N.Khan	

KLIPFONTEIN SUBSTRUCTURE

Dr Abdurahman CHC	Ebbenhout st. Kewtown Athlone 7764	637- 9071\2\3	6375998	Sr.M.Micheal s	Daily
Heideveld CHC	Heideveld Rd. Heideveld Athlone 7764	637- 8036\7\8 637 8033 6378054	637 6632	CPN J.Cupido Mr.P.Plaatjies	
Hanover Park CHC	9 Hanlyn Walk/Hanover Park Avenue Hanover Park 7764	692- 1240\1\2 \3	692—3921	CPN V.Langeveld Eva Lucas	
Guguletu CHC	NY1& 3 Guguletu 7750	637-1280	637 5103	PN Yusi Sr. Banzi	
Nyanga CHC	Crn New Eislieben Rd / Miller Str, Nyanga	3808000	3808049	No Post.	

TYGERBERG SUB DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Reed Street CHC	Reed St. Bellville 7530	946- 3790\1\2	948-9108	CPN C.Anderson	Thurs./ Alt. Mon.
Bellville South CHC	KasselsvleiRd. Bellville South 7530	951- 2326\7\8	951-2998	CPN C.Anderson	Tues. /Alt. Mon
Groenvallei MLC	Midmar st. Groenvallei Bellville 7530	919-5872 919-8391	919-6559	CPN C.Anderson	Seen at Reed Str.
Delft CHC	Main Rd./Voorbrug Rd Delft 7100	9542237	954-1207	PN Lomax SPN Mchelm	
Bishop Lavis CHC	Lavis Drive Bishop Lavis7490	934-6050	934-4143	SPN Kiewitz	
Dirkie Uys CHC	Cnr. Dingle & Church St. Goodwood 7460	590 1620	590 1645	Mr.Kadephi Mhlana	
Ruyterwacht CHC	Shopping Centre Vereniging Circle Ruyterwacht7460	534-4361	534-8789	CPN V Koert	



Parow CHC	Smith Str Parow 7500	938- 8037/8253	938 8117	CPN A.Parker	Tues. Wed. 08:00- 13:00
Matroosfontein MLC	Civic Way Matroosfontein 7490	9368754/56 /57	9368755	CPN V Koert	
Elsies River CHC	Cnr. Halt&29 <sup>th</sup> Ave Elsies River 7460	931-0212/3	931-8359	CPN V.Smidt  S. Walters	
Ravensmead CHC	Florida Street Ravensmead	936 8758	936 8759	CPN A Parker	Mon. am Thurs. am

NORTHERN SUB DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Brackenfell MLC	Paradys St. Brackenfell, 7560	980 1284/5			At Kraaifontein CHC
Kraaifontein CHC	6 <sup>th</sup> Ave Kraaifontein 7570	987 0080	987 2310	Judy Webber  Sr. Nofileti	
Scottsdene MLC	Eon Ave Scottsdene, 7570	980 6243	987-1343		At Kraaifontein CHC
Durbanville CHC (Morning Star)	De Villiers st. Durbanville 7550	970 3170	970 3061	Sr.J. Webber	Weds.

KHAYELITSHA SUB DISTRICT

Nolungile CHC	Lawrence Rd Site C, Khayelitsha	3871107		Mr. B. Gongo	
Site B Site B CHC	Lwandle Rd Site B Khayelitsha 7784	3613816 ext 226	361-3322 361 0259	Mr. Mayaphi	
Michael Mapongwana CHC	Steve Biko Rd. Harare Khayelitsha 7784	361-3353	363-2464	Sr. Sibidla Mr. Nlova	

SOUTHERN SUB DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Hout Bay CHC	Karbonkel St. Hout Bay 7800	790 3570 790-1050	790-7520	Sr. Mcnab	Weds. /Thurs.
Strandfontein MLC	Welgelegen str. Strandfontein 7794	393- 6226\36	393 4838	Vacant	Alt Mon. afternoon
Ocean View CHC	Carina Close Ocean View 7975	783 1688 783-1766	783-1482	Sr. Mcnab	Mon / Tues.
Lady Michaelis CHC	C/o Berham\Gabriel Rd Plumstead 7800	797-8171	762-8020	CPN L.Sias	
Grassy Park CHC	Victoria Rd. Grassy Park 7945	705-3814 0734024949	705-5712	Sr. Wessels	
Retreat CHC	11 <sup>th</sup> Ave Retreat 7945	712- 5105\55\9	712-1493	SPN M. Abrahams. )	
Lotus River CHC	C/o Delia & Anita Rd. Lotus River 7945	703-8057 703- 3131\2\3	703-5692	Sr. Hendricks	

MITCHELLS PLAIN SUB DISTRICT

Mitchell's Plain CHC	1 <sup>st</sup> Avenue Eastridge	392 5161	391 2803	SPN T. Ndamase	
Tafelsig MLC	Kilimanjaro rd Tafelsig 7785	397-8195 397 8906	397-3544	Vacant	Wed. \ Thurs.
Rocklands MLC	Park Ave Rocklands 7785	392 5121/2/3	392-6885	Vacant	Mon. \ Tue.
Lentegeur MLC	Merrydale Rd. Lentegeur 7785	371-2126\7	371-2138	CPN C Andries	Mon.\Wed \ Thurs
Westridge MLC	Wespoort Road Westridge7785	392-4124	392-1881	CPN C Andries SEN Goodbury	Tuesday
Cross Rds.CHC	Lansdowne Rd. Cross Rd. 7753	386-1121\4	386-7975	Sr Mdingi Mr. Photo	
Browns Farm CHC					

EASTERN SUB DISTRICT

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Somerset-West MLC	28 Kerk St. Somerset West 7130	852-2131	852-0444	CPN Mathews	08:00-16:30
Kleinvele CHC	C/O Albert Philander & Melbosstrand Kleinvele, 7100	900 4053 904 1414	911 4092	CPN L Ventura	
Kuilsriver MLC	Carinus St Kuilsriver	900 1909		CPN C.Anderson	At Reed Str CHC
Sarepta MLC	123 Rietvele Rd Kuilsrivier, 7580	900-1556	900-1908	CPN C.Anderson	At Reed Str CHC
Mfuleni CHC	Church St. Mfuleni	954-2235 909 2755/6	909-2942	SPN Lomax	
Macassar CHC	C/o Hospital & Musical Ave. Macassar 7130	857-2330	857-2251	Mr.D. Witbooi CPN S. Mathews	07:30-16:30

Strand / Boland CHC	Boland Bank Arcade 37 Main Rd Strand 7140	853-3380	853 7057	SPN G.Hendricks	Mon\Tuesday 08:00- 16:00
Gustrow CHC	Hassan Khan Ave Strand 7140	845-8383	845-8630	SPN G Hendricks	Wed\Thurs. 08:00- 16:00
Gordonsbaai MLC	Sir Lowry's Road	856-2135	856-5424	SPN G.Hendricks	1 <sup>st</sup> Tuesday of month

METROPOLITAN REGION - DAY CENTRES

Centre	Address	Telephone	Fax	Contact Person	Other Information
Bonteheuwel DCC	C/o Mary Harding Centre, Athlone	447-9040	448-8475	Ms. Fredericks	
Cenida DCC	Musica Ave Macassar 7134	857 1092	761 0442	Mignon Leitch	Daily - weekdays
De Heide DCC	11 2 <sup>nd</sup> Avenue; Claremont 7700	683-5470	683-5470	Ms. Fatima Shaboodien	Daily - weekdays
Delft DCC	C/o Northway & Christians Street; Delft	932-6542		Ms. G.Symons	
Enthembeni DCC	NY 111 Guguletu 7750	447-9040 633 1173		Ms.E.Kench Mabel	
Erica Special Care (Mitchell's Plain)	10 & 12 Spreu Street Rocklands 7785	447-9040 392 9147		Ms.E.Kench Gwen	C/o Spreu & Canary off Weltevreden
Friends DCC	Annex Rd; Maitland 7404	511-5801	511-5229	Ms Hester Windt	Daily - weekdays Situated at Alexandra Hospital
Golden Girls DCC and	C\o Brinton & Lerotholi Roads	694-7980		Ms. D.Nabe	Daily - weekdays

Licensed home	Langa 7455				
Huis Hensie Vroom DCC\Licence home.	Stikland Hospital 7530	919 0778		Help Jou Naaste Gemeenskap Projek	
Imizamu Yethu DCC	401 Zodiac Street Khayelitsha 7784	447-9040 361 1476		Ms E.Kench Ms Nosiku	
Makuhanye DCC	D2178 Site C; Khayelitsha 7784	387-4254		Ms. L.J.Tom	
Mfuleni DCC	Masiphule Service Centre Church Street; Mfuleni 7784	592-4173 909-1087	592-4371	Ms. Swarts	Next to Mfuleni Clinic
Nceduluntu DCC	19633 Bennox str. Nomzama Strand	845 5000		M Lumka	
Nomaxabis o DCC	Lutheran Church Community Centre Phillipi 7781	371 6389	461 6823	N Njwele C Gordon Ikamva Labantu	
Nosisa DCC	M503 Site B; Khayelitsha 7784	364-0577		Ms. N.Mentese	
<b>Centre</b>	<b>Address</b>	<b>Telephone</b>	<b>Fax</b>	<b>Contact Person</b>	<b>Other Information</b>
Oasis DCC	North St. Ravensmead 7490	932-6542	948-4027	Ms van der Merwe	C/o Northway & Christiaan Rd
Ocean View DCC	C/o Castor & Draco Way Ocean View 7975	783 1274		Ms.D.Hare	
Orion (Wilge) DCC	Sun Rd; Wesfleur; Atlantis 7349	572-8490	572-8419	Mr. M.J.Segal	
Sherwood Park DCC	50 1 <sup>st</sup> Avenue Sherwood Park	692 3700	692 3700	Ms J Benjamin	
Sinako DCC	33819 Khuna St; Harare	363 2384		Ms Sezi	
Sinethemba	Old Cross Road;	34-9996	34-3461	Mr.H.Davis	

DCC	Boystown Mfesani Cross Road 7753				
Siyazama DCC	Vukuhambe Centre – Guguletu	633-2887	637-4724	Ms.T.Mampote	
Sunrise DCC	Old Clinic; Chadwin Street Heathfieldd 7945	72-1445	686-6801	Ms.P.Kammies	
Vukani DCC	L 651 Site B Khayelitsha 7784				

METROPOLITAN REGION – LICENSED HOMES

Name of Home	Address	Phone	Fax	Contact Person
Durbanville Children's Home	1 Church Street, Durbanville,7550	021-975 6822	975 1613	
Golden Girls LH	C\o Brinton & Lerotholi Roads Langa 7455	694-7980		
Sivenathi LH	59 Robbert Str Blackheath	905 6048		L Jojo
Woodside Sanctuary Licenced Homes	29 Lawson Road; Rondebosch East; 7780	696-2811	697-1596	Ms.C.Levendal

METROPOLITAN REGION – GROUP HOMES

Name of Home	Address	Phone	Fax	Contact Person
Abri G.H	35 Milton Road; Observatory; 7925	448-3886	448-3886	Ms.L.Walters
Abri G.H	149 & 151 Lower Main Road Observatory; 7925	448-3886	448-3886	Ms.L.Walters
Abri G.H	27 Lytton Rd Observatory; 7925	448-3886	448-3886	Ms.L.Walters
Abri Foundation	34 Florence Ave. Observatory 7925	448-3886	448-3886	Ms.L.Walters
Alexa House G.H	18 Alexandra Road; Oranjezicht; 8001	439-2408	439-2408	Mr. E.Rabie
Arran GH	6 Riebeeck Court; Arcadia Road Rondebosch; 7700	685 2484 448 0760	448-0760	Dorothea Abrahams Ms. Lenske Lourens
COMCARE Trust	House 20 Valkenberg Estate Observatory P.O.Box 236 Rondebosch 7701	448-0760	448-0761 comcaretr ust@mweb .co.za	Dir: Ms. M Benedictus Com. Counsellor L Lourens SW P Sellmeyer
Groenweivelde GH	11 Slangolie Street; Eastridge;7785	391-3314		Ms.M.Botes
House Elroy GH	Annex Road; Maitland; 7404	510 1465 981 9850	981 0039	C Isaacs H Kotze Kingdom Ministeries
Huis Meiring	L18 Wagondrift Str Groenvallei	919 8693		
Huis Sonop GH	Stikland Hospital Grounds 7530	910 0156 981 9850	981 0039	S Williams N Joubert Kingdom Ministeries
Huis Miles Bowker GH	Stikland Hospital Grounds 7530	919 5752 981 9850	981 0039	O Abelse C Du Plessis Kingdom Ministeries
Iona GH	6 Burham Road; Observatory; 7925	448 3194 448 0760	448-0760	Ray Fortuin Ms. Lenske Lourens
Kingdom Ministeries	Suite 250 Postnet X13 Brackenfell 7561	981 9850	981 0039	Pastoor R Harris Anita Prinsloo

Kimber G.H	3&5 Herschell Road; Observatory; 7925	447-8066	447 0319	Ms.Louise Gordon
Nurola G.H	9 Perth Road; Observatory; 7925	448 9204 448-0760	448-0760	Natasha Rensburg Ms. Lenske Lourens
Rosebank Court G.H	2B Bridge Road; Mowbray; 7700	689 3073 448-0760		Lauretta Remedies Ms. Lenske Lourens
Skye GH	21 Franklin Road; Claremont; 7700	674 0491 448 0760	448-0760	Hester October Ms. Lenske Lourens
Squib GH	9 Nerina Crescent; Lentegeur ; 7785	448-0760		Ms L Lourens
Strand GH	142 Brandt Street; Strand; 7140	854 6131 981 9850	981 0039	S Frylinsky C Louw Kingdom Ministeries

METROPOLITAN REGION – PSYCHO-SOCIAL REHAB. GROUPS

PSYCHO-SOCIAL GROUP	VENUE	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Abri PSG	151 Lower Main Road Observatory 7925	448-3886	448-3886	Ms.L.Walters	
Athlone PSG	Athlone Library Dobson Road Athlone	447-9040	448-8475	Faldielah Fillander	Wed: 09:00-11:00
Bishop Lavis PSG	Bishop Lavis CHC, Lavis Drive			Zanele	Tues. 13:30 - 15:00
CCAB	22 Ivy Street Obsevatory	447 9040	448 8475	Rene Minnies	
Delft PSG	Delft CHC	954 2235/7	954 1207		Wed 10:00-12:00
Elsies River CHC PSG	Cnr. Halt&29 <sup>th</sup> Ave Elsies River	931-0200		Faldelah	Mon. 13:00-15:30
Fountain House PSG	227 & 233 Lower Main Rd Observatory7925	447-8066	447 0319		Daily – weekdays
Goodwood PSG	The Library Hall, Goodwood	447 9040	448 8475	Annalie	Thurs, 10h00-12h00



Grassy Park PSG	Fishers Haven Victoria Road; Grassy Park 7941	447-9040	448 8475	Zanele	Thu 10:00-12:00 Opp bus terminus
Guguletu PSG	Ethembeni Centre: NY 111 i; Guguletu	447-9040	448 8475		Tue: 10:30 - 12:00
Hanover Park	9 Hanlyn Walk	692 1240	692 3921		Wed. 12:00 - 14:00
Heideveldt PSG	Heideveldt CHC	447 9040	448 8475	Zanele	Tues.08:00-10:00
Psycho-Social Group	Venue	Telephone	Fax	Contact Person	Other Information
Kensington PSG	Shawco, 12 <sup>th</sup> Ave, Kensington			Faldelah	Tues. 08:00 - 10:00
Khayelitsha PSG	Micheal M CHC, Steve Biko Rd			Zanele	Thurs. 09:00 - 11:00
Khayelitsha PSG	Site B CHC, Lwandle Rd, Khayelitsha			Zanele	Thurs 10:00 - 12:00
Khayelitsha PSG	Nolungile CHC Khayelitsha			Zanele	Thurs 13:30 - 15:30
Kraaifontein PSG	Eikendal Library	447-9040	448 8475	Faldelah	Tues. 13:00-15:00
Lentegeur PSG	Lentegeur Library Merrydale Road; Lentegeur			Faldelah	Tues.10:00-12:00
Macassar PSG	Macassar Library 10 Punt Rd	954 2237	954 1207		Tue 10:30-13:00
Maitland PSG	CHC 3 Norfolk Street; Maitland	447-9040	448-8475	Faldelah Fillander	Wed. 10:00-12:00
Mfuleni PSG	Mfuleni Library, Church Street	447-9040	448 8475	Zanele	Mon.10:00-12:00
Manenberg PSG	Manenberg Peoples Centre; 2A Scheldt Road; Manenberg 7764	447 9040	448 8475	Kulthum	Tues. 12:30-14:30

Observatory PSG	22 Ivy Street, Observatory			Annalie	Wed 9:30 – 11:30
Phillipi PSG	Cross Roads Library, Landsdowne Rd, Phillipi	447 9040	448 8475	Zanelle	Mon. 10:30– 12:30
Retreat PSG	Retreat Night Shelter, 10 <sup>th</sup> Ave, Retreat			Zanele	Wed. 13:30 – 15:30
Ravensmead PSG	Multi purpose Centre, Christian Street, Ravensmead			Faldela	Tues 10:00 – 12:00
Somerset West PSG	Counsel Chambers, C/O Victoria and Andries Str.			Zanele	Tues. 13:00 – 15:00
Strandfontein PSG	Strandfontein Library, Welgelegen Road, Strandfontein			Faldelah	Tues. 14:30– 16:30 Once/month
Stikland Hospital	OPD	940 4488  940 4991/4488	910 3508  910 3508		Fortnightly, support for people living with Schizophrenia Weekly, Stress & Anxiety management
Tafelsig PSG	Tafelsig Library, Kilomanjaro Rd, Tafelsig			Faldelah	08:30 – 10:30
Woodstock PSG	C/O Russel Str, Selkirk Str, Woodstock	447–9040	448–8475	Annalie	Mon: 11:00– 13:00
PSYCHO– SOCIAL GROUP	VENUE	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Way of Life (after hours)	233 Lower Main Road Observatory	447 9040	448 8475	Zanele	Once a month, Saturday
Westridge PSG	Westridge Library, Simonsig Rd, Westridge	361 3353 361 5978		Faldelah	Thurs 14:30 – 16:30

DISTRICT MENTAL HEALTH SERVICES:  
CAPE WINELANDS and OVERBERG DISTRICTS

DISTRICT MENTAL HEALTH TEAM		
Cape Winelands District Co-ordinator	CPN: Mr F Cloete Tel: (023) 348 8172 Fax: (023) 342 8501	Private Bag X3079 WORCESTER 6849
CLINICAL PSYCHOLOGIST	Leilanie Phillips-Losch Tel: 023 3488154 Fax: 023 3488129	Private Bag X3079 WORCESTER 6849

SUBDISTRICT	MENTAL HEALTH NURSE	ADDRESS	AREA COVERED
Witzenberg Subdistrict	Mr. Frans Arendse Tel: (023) 3169 600 Fax: (023) 31611 35	Ceres Hospital Private Bag X54 CERES 6835	Nduli clinic, Tulbagh Clinic, Prince Alfred Hamlet Clinic, Munnikstreet, Wolseley Clinic Op Die Berg Clinic, Breerivier clinic, Annie Brown Clinic Bella Vista Clinic, Ceres PHC
Witzenberg Subdistrict	Sr J.M. Abrahams Tel: (023) 3169 600 Fax: (023) 316 1135	PO Box 44 CERES 6835	Ceres District Hospital
Breede Valley Sub District	Tel; 023 3481100 Fax; 023 3481211	P/Bag X3058 Worcester 6849	Worcester Regional Hospital
Breede Valley Sub District	Mr F Arendse/ Mr F Cloete 023 348 8172	P/Bag X3058 WORCESTER 6849	Empilisweni Clinic, Worcester Hospital, Maria Pieterse Clinic + MOU, CHC Worcester, De Doorns Clinic, Rawsonville, Orchard Clinic, Touws River, De Wet, Overhex, Nuy, Sandhills, Breerivier, Rawsonville Botha/Brandwacht, Bossieveld Rural, Slanghoek
Breede River Winelands Sub District	Mr F Cloete Tel: (023) 615 1736 Fax: (023) 615 1563	P/Bag X2 ASHTON 6715	Cogmanskloof, Zolani, Happy Valley Clinic, McGregor, Nkqubela, Bonnievale Clinic, Montagu, Bergsig Clinic, Robertson PHC.
Breede River Winelands Sub District	Tel: (023) 626 3155 Fax: (023) 626 1727	P/Bag X617 ROBERTSON 6705	Robertson District Hospital PHC

Breede River Winelands Sub District	Tel: (023) 614 1660 Fax: (023) 614 2704	P/Bag X11 MONTAGU 6720	Montagu District hospital
Thee Waters Kloof Sub District	Mr F Cloete Tel: (021) 859 2507 Fax: (021) 859 2930	PO Box 32 GRABOUW 7160	Grabouw CHC, Grabouw, Genadendal, Riviersonderend, Caledon, Greyton, Villiersdorp, Botrivier Clinic.

	CONTACT NUMBERS	ADDRESS	CLINICS & MOBILES
Thee Waters Kloof Sub District	Tel: (028) 212 1070 Fax: (028) 212 1294	P/Bag X025 CALEDON 7230	Caledon District Hospital
Overberg District  Overstrand Sub District	Mr F Cloete Tel: (028) 315 1602/ (028) 212 1120	PO Box 5 CALEDON 7230	Hawston, D/C clinic, Gansbaai Clinic, Hermanus, Mount Pleasant, Onrus, Zwelihle , Stanford
Overstrand	Tel: 028 3121166 Fax: 0283124006	P/Bag X 02 Hermanus 7200	Hermanus District Hospital
Cape Agulhus Sub District	Tel: (028) 451 2534	P/Bag X22 BREDASDORP 7280	Bredasdorp CHC, Elim, Napier, Suurbrak, Struisbaai-Noord, Struisbaai-Suid, Waenhuiskrans, Buffeljagsrivier, Bredasdorp Mobiles, Barrydale, Swellendam Mobile

SERVICE PROVIDER	CONTACT NUMBERS	ADDRESS	CLINICS & MOBILES
Swellendam	Tel: (028) 514 1141 Tel: (028) 514 1121 Fax: (028) 514 2504	P/Bag X07 SWELLENDAM 6740	Swellendam District Hospital

BOLAND/ OVERBERG – DAY CARE CENTRES

Vukahambe Day Care	Tel: (023) 347 7002 Fax:(023) 347 2178	PO Box 878 Worcester 6849	Worcester Physical Disabled
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BOLAND/ OVERBERG – LICENCED HOMES

Elim Home	Tel: (028) 482 1988 Fax: (028) 482 1648	PO Box 19 Elim 7284	
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BOLAND/ OVERBERG – GROUP HOMES

Regina	Tel: (028) 840 1305	34 Mullers Street Villiersdorp	Subsidises by Dept of Social Services and Poverty Relief
Camphill Farm Community	Tel: (028) 313 8200 Fax: (028) 313 8210	PO Box 301 Hemel & Aarde Vallei Hermanus 7200	Private

PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
 REGIONAL MENTAL HEALTH SERVICES:  
 SOUTHERN CAPE / KAROO

REGIONAL MENTAL HEALTH STAFF		
Doctor	Dr. Boon	Private Bag X6534 GEORGE 6530
Coordinator	Nuruh Davids Tel: (044) 8032737 Fax: (044) 874 5017	Private Bag X6534 GEORGE 6530

DISTRICT	MENTAL HEALTH NURSE CONTACT NUMBERS	LOCATION & POSTAL ADDRESS
Central Karoo	(Sr.) Charlotte Roman Tel: (023) 4148200 ext 244 Fax:(023) 414 2466	Beaufort West Hospital Psychiatry Private Bag X549 BEAUFORT WEST 6970
George	Ms Vivienne Morkel Tel: (044) 8707653 Fax: (044) 874 2151	Private Bag X6592 GEORGE 6530
Knysna Plettenberg Bay	(Sr.) Marinda Marcus Tel: (044) 384 1135 Fax: (044) 384 1190	PO Box 9 KNYSNA 6570
Klein Karoo	Ms Johanna Jooste Tel: (044) 272 2241 Fax: (044) 272 0783	Eden Distriks- munisipaliteit Psigiatrie Posbus 12 George 6530
Mossel Bay	Ms Vivienne Morkel Tel: (044) 8707653 Fax: (044) 874 2151	Private Bag X6592 GEORGE 6530

SOUTH CAPE/KAROO – DAY CENTRES

Centre	Address	Telephone	Fax	Contact Person
Sonskyn Day Centre	P.O. Box 86 Oudsthoorn 6620	(044)274 0140	(044) 274 0140	Mrs L.P. Olivier
Ethembeni Day Centre	Thembaletu 6560	(044) 877 0204	(044) 877 0204	Mr Isaac van Rensburg
Masixole Day Centre	P.O. Box 58 Beaufort west	(023) 4153323 Cell: 082 5358039	(023) 415 3046	Mrs Ria Le Roux

SOUTH CAPE/KAROO – LICENCED HOMES

Name of Home	Address	Phone	Fax	Contact Person
Emmaus Centre for Physically/Mentally Challenged	P.O. Box 6 George 6530	(044) 8734 196	(044) 873 4196	Mrs E. Badenhorst (Supervisor)
Sanel Centre	P.O. Box 107 Knysna 6570	(044) 382 2155	(044) 382 3545	Mrs V Paremoer
Eljada Centre for Adult Challenged	P. O. Box 21 Oudsthoorn 6620	(044) 2791740	(044) 279 1878	Mrs W. Lemmer (Manager)

SOUTH CAPE/KAROO – GROUP HOMES

Name of Home	Address	Phone	Fax	Contact Person
South Cape Community Care (Comcare)	56 A Aspeling Street George 6529	(044) 803 2421	0866812196	Mrs Charlotte Marais

SOUTH CAPE/KAROO: PSYCHO-SOCIAL REHAB. GROUPS

Psycho-Social Group	Address	Telephone	Fax	Contact Person
Mossel Bay/Alma Clinic Group Albertinia Group Heidelberg Group	Heidelberg Municipality Private Bag X2 Heidelberg 6665	(044) 874 2172 (Head Office) (044) 870 7653 (Blanco Office)	(044) 874 2151 (Head Office) (044) 870 7780 (Blanco Office)	Sr. Vivienne Morkel
George Group Blanco Group Riversdale Group	Heidelberg Municipality Private Bag X2 Heidelberg 6665	(044) 874 2172 (Head Office) (044) 870 7633 (Blanco Office)	(044) 874 2151 (Office Office) (044) 870 7780 (Blanco Office)	Sr. Serene Walters
Plettenberg Bay/Kranshoek Group	PO Box 9 Knysna 6570	(044) 384 1135 (044) 389 0212 (Mon -Don)	(044) 384 1135	Sr. Marinda Marcus



PROVINCIAL ADMINISTRATION OF THE WESTERN CAPE  
DISTRICT MENTAL HEALTH SERVICES:  
WEST COAST

DISTRICT MENTAL HEALTH TEAM		
CHIEF PROFESSIONAL NURSE	Post Vacant	District Office West Coast District Private Bag X15 MALMESBURY 7300
CLINICAL PSYCHOLOGIST	Retha Roux Tel: (022) 487 9264 Fax: (022) 487 2927	District Office
OCCUPATIONAL THERAPIST	Anneke Buys: Tel:022 487 9200	Swartland Hospital
PSYCHIATRIST	Dr G Winkler Tel: (021) 872 1711 Fax (021) 872 4841	Private Bag X3012 PAARL 7620

DISTRICT	MENTAL HEALTH NURSE	ADDRESS	AREA COVERED
III	Theron LG (CPN) Tel: (022) 482 2996 Fax: (022) 482 2935	Wesbank Clinic Privaatsak X52 MALMESBURY 7300	Malmesbury, Darling, Moorreesburg, Porterville, Riebeeck-Wes, Riebeeck Kasteel, Town & Farms
IV	Smith L (CPN) Tel: (022) 713 3219 Fax: (022) 713 3423	Louwville Kliniek Vredenburg Privaatsak X12 VREDENBURG 7380	Vredenburg, Saldanha, Diazville, St. Helenabaai, Stompneusbaai, Noordhoek, Velddrif, Aurora, Hopefield, Langebaan, Piketberg
V	De Lange HH (CPN) Tel: (027) 213 4070 Fax: (027) 213 3145	Vredendal Karin Gebou, 3 de Vloer Posbus 594 VREDENDAL, 8160	Vredendal, Citrusdal, Clanwilliam, Klawer, Lutzville, Ebenaezer, Doornbaai, Koekenaap, Van Rhynsdorp, Bitterfontein, Rietppoort, Wupperthal, Graafwater, Lambertsbaai, Dorp & Plase

WEST COAST – PSR GROUPS

Name	Address	Telephone	Fax	Contact Person	Other Information
Goedver-wacht  Riebeek Kasteel	P. Bag X52 Malmes- bury 7299  Riebeeck Kasteel Kliniek	022) 482 2935  (022) 448 1348	(022)485 2996	Lynette Theron	Education and Socialisation group  Education and Socialisation Group
Riebeek Wes	Private Bag X15 MALMES- BURY 7300	022 487 9264	Fax: (022) 487 2927	Retha Roux	For children between 8-12 years
Piketberg	Private Bag X15 MALMES- BURY 7300	022 487 9264	Fax: (022) 487 2927	Com Service Psychologist, c/o Retha Roux	Psychiatry patients, education & socialization group

WEST COAST- SOCIAL GROUP

Name	Address	Telephone	Fax	Contact Person	Other Information
Moorrees- burg	Moorrees-burg CHC	022 487 9264	Fax: (022) 487 2927	Com Service Psychologist, c/o Retha Roux	Women's support group
Porterville	Porterville Clinic	022 487 9264	Fax: (022) 487 2927	Retha Roux	Women's support group
Darling	Darling Clinic	Tel:022 487 9200		Anneke Buys	Teen pregnancy support group
Hopefield	Hopefield Clinic			Laura Smith	Socialisation Group
Louwville	Library Hall Louwville 7380	None	None	Laura Smith	Socialisation Group

REGIONAL MENTAL HEALTH SERVICES:  
CAPE WINELANDS WEST

DISTRICT	MENTAL HEALTH NURSE	ADDRESS	AREA COVERED
Stellenbosch	N Toffar & E Buys (CPN) Tel: (021) 887 0310 Fax (021) 886 5216	Cloetesville Gemeenskap Gesondheid Sentrum Privaatsak X5027 STELLENBOSCH 7599	Stellenbosch Town & Farms Franschoek, Simodium, Stellenbosch Central, Khayamandi
Drakenstein	Smith E (CPN) Tel: (021) 872 1711 Fax: (021) 872 4841  Fortuin M. (SPN) Mahlakahlaka P. (SPN)	TC Newman Private Bag X3012 PAARL 7620	TC Newman  Patriotplein Saron, Gouda Mbekweni , Wellington

CAPE WINELANDS WEST – DAY CARE CENTRES

Centre	Address	Telephone	Fax	Contact Person	Other Information
Paarl Stimulation Centre	63 Joepad Street Old Nurses Home, Sonstraal Hospital, Paarl 7646	(021) 862 7113	(021) 8627113	Ms A. Francke	Stimulate children who comes in on a daily basis. 1 <sup>st</sup> group from 8H00 – 2H00 & 2 <sup>nd</sup> group from 9H00 – 3H00

CAPE WINELANDS WEST – LICENSED HOMES

Centre	Address	Telephone	Fax	Contact Person	Other Information
Horizon House	Patrys Laan No. 1 Stellenbosch 7600	(021) 887 5080	(021) 887 5337	Mrs. Elza Bresler	Institution for Mentally Retarded Adults
Sunfield Homes	P.O. Box 824 Wellington 7655	(021) 873 5038	(021) 864 3124	Ms M. Vivier	Making ginger beer, storing of furniture and duty to community e.g. char work.

WESTERN CAPE EDUCATION DEPARTMENT  
DISTRICT - OFFICES

DISTRICT	NAME OF CONTACT PERSON	SWITCH BOARD	FAX NUMBER	DIRECT NUMBER
CENTRAL	Mr AE Pietersen	021-6594300	021-6594413	021-6594302
SOUTH	Mr ET Daniels (Rachart Job)	021-3702000	021-3721856	021-3702005
NORTH	Mr B Volschenk	021-9383000	021-9383180	021-9383133
EAST	Mr M Caroline (Loius Smit)	021-9007000	021-9039484	021-9007005
WEST COAST	Mr J Beukes	021-8601200	021-8601231	021-860-1207
CAPE WINELANDS	Mr C Frolick	023-3484600	023-3424138	023-3476001
OVERBERG	Mr M (Tim) Koos Ndzuzo Vd West- huizen	028-5141159	028-5143480	028-5143780
EDEN & KAROO	Mrs F Rhoxo	044-8038300	044-8732253	044-8735220
DISTRICT	POSTAL ADDRESS	E-MAIL ADDRESS		
CENTRAL	Private Bag X4, ATHLONE, 7760	<a href="mailto:Apietersen@pgwc.gov.za">Apietersen@pgwc.gov.za</a>		
SOUTH	Private Bag X2, MITCHELL'S PLAIN, 7785	<a href="mailto:Edaniels@pgwc.gov.za">Edaniels@pgwc.gov.za</a>		
NORTH	Private Bag X45, PAROW, 7500	<a href="mailto:Bvolschenk@pgwc.gov.za">Bvolschenk@pgwc.gov.za</a>		
EAST	Private Bag X23, KUILSRIVER, 7579	<a href="mailto:Mcaroline@pgwc.gov.za">Mcaroline@pgwc.gov.za</a>		
WEST COAST	Private Bag X3026, PAARL, 7620	<a href="mailto:Jbeukes@pgwc.gov.za">Jbeukes@pgwc.gov.za</a>		
WINELANDS	Private Bag X3102, WORCESTER, 6849	<a href="mailto:Cfrolick@pgwc.gov.za">Cfrolick@pgwc.gov.za</a>		
OVERBERG	POBOX 588 SWELLENDAM (TEMP)	<a href="mailto:mndzuzo@pgwc.gov.za">mndzuzo@pgwc.gov.za</a>		

DEPARTMENT OF SOCIAL SERVICES  
DISTRICT OFFICES

OFFICE	CONTACT NUMBERS	LOCATION	ADDRESS
Head Office	Tel: (021) 483 4245 (021) 483 5045 Fax: (021) 483 4783	Private Bag X9112 Cape Town 8000	Union House 14 Queen Victoria St. Cape Town 8000
Bellville	Tel: (021) 940 7100 Fax: (021) 948 3024	107 Voortrekker Street Omnia Building Bellville 7535	Private Bag X50 Bellville 7535
George	Tel: (044) 8014300 Fax: (044) 873 4522	42 Courtenay Street Renzburgcourt George 6530	Private Bag X 6508 GEORGE, 6530
Wynberg	Tel: (021) 710 9800 Fax: (021) 761 9998	c/o Maynard & Station Roads, Wynberg 7800	Private Bag X25 WYNBERG, 7824
Athlone	Tel: (021) 6968038 Fax: (021) 696 8072 (021) 697 5543	Old Klipfontein Road, Melofin Centre Athlone, 7764	Private Bag X11 ATHLONE, 7760
Atlantis	Tel: (021) 577 1084 Fax: (021) 577 3209	c/o Neil Hare & Tom Hensilwood Streets, Atlantis 7349	Private Bag X4 DASSENBERG, 7350
Beaufort West	Tel: (023) 414 3204 Fax: (023) 414 2128	117 Donkin Street Beaufort West 6970	Private Bag X505 BEAUFORT WEST 6970
Cape Town	Tel: (021) 424 6020 Fax: (021) 423 8331	48 Queen Victoria Street, Cape Town 8001	PO Box 131 CAPE TOWN, 8000
Mitchell's Plain	Tel: (021) 370 4834 Fax: (021) 376 1342	45 Alpha Street, West poort Park, Mitchells Plain Industria Mitchell's Plain 7785	Private Bag X10 MITCHELL'S PLAIN 7789
Oudtshoorn	Tel: (044) 272 8977 Fax: (044) 272 4007	Seppie Greef Building Voortrekker Road Oudshoorn 6625	Private Bag X2 OUDTSHOORN 6620
Paarl	Tel: (021) 871 1682 Fax: (021) 872 0049	c/o Nuwe & Derksen Streets, Paarl, 7646	Private Bag X3026 PAARL 7620
Piketberg	Tel: (022) 913 1156	Church Street,	P.O. Box 20

	Fax: (022) 913 1801	Piketberg, 7320	PICKETBERG 7320
Vredendal	Tel: (027) 213 2096 Fax: (027) 213 2142	c/o Waterkant & Tuin Streets, Vredendal	Private Bag X2 VREDENDAL, 8160
Worcester	Tel: (023)3485300 Fax: (023)3475181	7 Durban Road Worcester, 6850	Private Bag X 3052 WORCESTER 6850
Riversdal	Tel: (02871) 32458 Fax: (02871) 31440	8 Van Riebeeck street Riversdal, 6670	8 Van Riebeeck street Riversdal, 6670
Khayelitsha	Tel: (021) 360 2100 Fax: (021) 364 1337	01 Julius Tsolo Street, Khayelitsha, 7784	Private Bag X 001 KHAYELITSHA, 7783
<b>OFFICE</b>	<b>CONTACT NUMBERS</b>	<b>LOCATION</b>	<b>ADDRESS</b>
Nyanga	Tel: (021) 386 1208 Fax: (021) 386 4030	Sithandathu Avenue, Zolani Centre, Nyanga, 7455	Private Bag X 02 Gugulethu, 7750
Gugulethu	Tel: (021) 638 5151 Fax: (021) 638 5117	C/O NY2 & NY3, Gugulethu, 7750	Private Bag X 02 Gugulethu, 7750
Vredenburg	Tel: (022) 713 2272 Fax: (022) 713 5365	26 Veldrif Road Vredenburg 7380	P.O. Box 428 Vredenburg 7380
Eerste River	Tel: (021) 904 1021 Fax:(021) 904 1161	42 Main Road Eerste River 7100	Private Bag X1 Eerste River 7100
Caledon	Tel: (028) 214 1780 Fax: (028) 214 1423	24 Orion Building Prince Alfred Way Caledon, 7234	

#### PLACES OF SAFETY

INSTITUTION	OFFICE HEAD	TELEPHONE NUMBER	LOCATION	ADDRESS
Bonnytown House	Mr. F Geswind	Tel: (021) 761 5057 Fax: (021) 7636246	41 Rosemead Avenue WYNBERG 7800	41 Rosemead Avenue WYNBERG 7800
Horizon (Privatised)	Mr. Trevour Seconds	Tel: (021) 843 3863/0 Fax:(021) 843 3861	C/o Old Faure Road & Eerste River Way FAURE 7109	PO Box 257 EERSTE RIVER 7103
Lindelani	Mrs. M Kotze	Tel: (021) 865	Elsenburg Road	PO Box 83

Place of Safety		2634 Fax: (021) 865 2635	KOELENHOF 7605	KOELENHOF 7605
Nomzamo Place of Safety	Miss. N Ncgambu 083 633 6127	Tel: (021) 694 0443 Fax: (021) 695 5002	C/o Bennie & Harlem Street LANGA 7455	PO Box 13056 MOWBRAY 7785
Rosendale House	Mr. E. Manene 083 633 6123	Tel: (021) 843 3200 (021) 843 3743 (021) 843 3746/7 Fax: (021) 843 3259	Old National Road FAURE 7130	Private Bag X3 FAURE 7131
Outeniekwa House	Mr. A.S Swart (Acting) 083 633 6136	Tel: (044) 875 0403 Fax: (044) 875 0669	Golf Street Parkdene GEORGE 6530	Private Bag X6587 GEORGE 6530
Tenderten Place of Safety	Mr.B MsBooy	Tel: (021) 761 2554 Fax: (021) 797 8368	60 Durban Road WYNBERG 7800	60 Durban Road WYNBERG 7800
Vredelus House	Mrs. C. Mulder 083 633 6125	Tel: (021) 931 0234 Fax: (021) 932 4420	C/o 26 <sup>th</sup> & 16 <sup>th</sup> Ave ELSIES RIVER 7490	Private Bag X3 ELSIES RIVER 7490

SUBSTANCE ABUSE RESOURCE LIST

NAME	ADDRESS	TEL. No.	FAX NO.
<b>1. RESEARCH</b>			
National Trauma Research Programme Medical Research Council (MRC)	P.O. Box 19070 TYGERBERG 7505	(021) 938 0911 Email: jvdspuy@eagle. Mrc.ac.za.	(021) 938 0200
Mental Health and Substance Abuse Urbansation and Health Programme Medical Research Council (MRC)	P.O. Box 19070 TYGERBERG 7505	(021) 938 0419 Email: cparry@ea gle. Mrc.ac.za	(021) 938 0342
Foundation for Alcohol and Related Research (FARR) UCT Medical School	37 Thornhill Rd, Rondebosch, 7700	(021) 6862646 Email: Lo@farrsa.org.za	(021) 685 7034
<b>2. YOUTH GROUPS</b>			
Al-Anon and Alateen	Unit B5, N1 City Mews, C/O Frans Conradie & Manus Gerber street, Goodwood 7460	(021)595 4517	(021) 592 3962
<b>3. SUPPORT/AFTER-CARE GROUPS</b>			
<b>3.1 ALCOHOLICS ANONYMOUS (AA)</b>			
Alcoholics Anonymous	190 C/o Voortrekker and Koeberg Rd, Welcome Park, Maitland, 7405	(021) 510 2288	08802151022 88
<b>3.2 ALCOHOL VICTORIOUS</b>			
Alcohol Victorious	PO Box 36299 Glosderry Kenilworth	(021) 797 1270	(021) 762 4235
<b>3.3 AL-ANON AND ALATEEN</b>			
Al-Anon and Alateen	925 Libertas Centre Voortrekker Road Goodwood 7460	(021)592 3970	(021) 592 3962
Drug Wise	P.O. Box 107 SEA POINT 8060	(021) 434 8703	(021) 439 2029



### 3.4 GAMBLERS ANONYMOUS

Person on Duty		(011) 915 7730	
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### 3.5 NARCOTICS ANONYMOUS

Person on Duty		088 130 0327 073 147 8364 082 697 5393 073 153 6364	
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### 3.6 CHRISTELIKE ALKOHOLISTE BOND (CAB) BRANCHES

An address of contact persons may be obtained from:

Toevlug Treatment Centre  
P.O. Box 515  
WORCESTER  
6849  
Tel. No.: (023) 342 1162  
Fax No.: (023) 347 3232

Western Cape  
Ashton, Atlantis, Barrydale, Beaufort West, Blackheath, Brandvlei, Bredasdorp, Caledon, Citrusdal, Clanwilliam, Darling, De Rust, Dysseisdorp, Eendekuil, Eerste River, Elsies River, Franschoek, Gans Bay, George, George Industria, Grabouw. Great Brak River. Hermon, Hopefield Huguenot, Keimoes, Kensington, Klaver, Kleinmond, Knysna, Koelenhof, Koringberg, Koue Bokkeveld, Kraaifontein, Kuilsrivier, Laaiplek, Laingsburg, Lansdowne, Lenteguur, Lynedoch, Macassar, Malmesbury, Matroosfontein, Mitchells Plain, Montagu, Moorreesburg, Mossel Bay, Napier, Noorder-Paarl, Oudtshoorn, Paarl, Paarl East, Pacaltsdorp, Piketberg, PK. Elands Bay, Porterville PK. Vlottenberg, Ravensmead. Rawsonville, Redelingshuys, Retreat, Riebeek-Kasteel, Riebeek West, Riversdale, Riversonderend, Robertson, Saron, Simondium, Stellenbosch, Strandfontein, Strand, Suider-Paarl, Surrbraak, Swellendam, Touws River, Uitsig, Van Wyksvlei, Victoria West, Villiersdorp, Vredenburg, Vredendal North, Wellington, Wilgerivier, Windmeul, Wolseley, Worcester.

### 3.7 TELEFRIEND

Friend in need	(021) 930 1122	(021) 930 1122	
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### 3.8 ALCOHOL SAFETY-SCHOOL

Alcohol Safety School	Private Bag X 131 CAPE TOWN, 800	(021) 424 6020	(021) 423 8381
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### 3.9 CHRISTIAN ACTION FOR DEPENDANTS (CAD)

Alcohol and Drug Concerns Cape	P.O. Box 36299 GLOSDERRY 7702	(021) 643 650 (Mornings only)	
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4. IN-PATIENT TREATMENT CENTRES - NGO & PRIVATE			
Hesketh King	P.O. Box 5 ELSENBERG, 7607 Old Paarl and Klipheuwel Road MULDERSVLEI	(021) 884 4600	(021) 884 4602
Medicity Kenilworth Chemical Dependency Unit (CDU)	32 Kenilworth Road KENILWORTH 7700	(021) 7634500	(021) 763 4557
Ramot Centre	54 Toner Street PAROW 7500	(021) 9392033	(021) 930 3123
De Novo (Adult and Youth) Treatment Centre	Pvt Bag X1 KRAAIFONTEIN, 7570	(021) 988 1138	(021) 988 0426
Toevlug Treatment Centre	P.O. Box 515 WORCESTER 6849	(023) 342 1162	(023) 347 3232
Stepping Stones Addiction Centre	P.O. Box 48156 KOMMETJIE 7976	(021) 783 4230	(021) 783 1816
Serenity Care Centre	P.O. Box 1290 KNYSNA, 6570	(044) 343 2179	(044) 343 1395
Lambrecht Medi-Clinic	P.O. Box 1593 GEORGE, 6530	(044) 874 2785	(044) 874 0932
Helderberg Against Dependency	P.O. box 2345 Somerset West, 7129	(021) 852 4820	(021) 851 2772
Crescent Clinic	24 Crescent Road Kenilworth, 7708	(021) 762 7666	(021) 762 7669
NAME	ADDRESS	TEL. No.	FAX NO.
Libertas Treatment Centre	C/o Vanguard and Voortrekker Road GOODWOOD,7460	(021) 591 6111	(021) 591 5734
Horizons Halfway House Treatment Centre	P.O. Box 31266 GRASSY PARK,7888	(021) 737 886	(021) 737 886
Orient Treatment Centre	C/o Boundary and Boom Street SCHAAPKRAAL ,7941	(021) 731 053	(021) 705 3461
Stikland Drug Unit (Neuro – Clinic for alcohol only)	Private Bag X 13 Bellville, 7535	(021) 919 1110	(021) 919 5066

5. COMMUNITY - BASED SERVICES			
Cape Town Drug Counselling Centre	1 Roman Road P.O. Box 56 OBSERVATORY,7935  Unit 12, Woolworths Arcade , 02 Symphony walk, Town Centre Mitchells plain, 7785	(021) 447 8026  0213910216	(021) 447 8818  0213910218
Bridges Community Programmes	P.O. Box 2345 SOMERSET WEST,7129	(021) 852 6066	(021) 852 1348
6. SOUTH AFRICAN NATIONAL COUNCIL ON ALCOHOL AND DRUG DEPENDENCE (SANCA) - WESTERN CAPE			
SANCA WESTERN CAPE	P.O. Box 860 BELLVILLE, 7530	(021) 945 4080/1	(021) 945 4082
Athlone Alcohol and Drug Centre	P.O. Box 528 Klipfontein Road GATESVILLE,7780	(021) 638 5116	(021) 637 2832
Atlantis Alcohol and Drug Centre	C/o Sun and Rotterdam Street, ATLANTIS, 7349	(021) 572 7461	(021) 572 2739
Guguletu Alcohol and Drug Centre	Saartjie Baartman Centre Klipfontein Road SURREY ESTATE, 7764	(021) 638 5116	(021) 637 2832
Khayelitsha Satellite Office	E505 Scott Street KHAYELITSHA,7784	(021) 364 5510	(021) 361 9334
Mitchells Plain Alcohol and Drug Centre	P.O. Box 761 MITCHELLS PLAIN, 7785	(021) 397 4617	(021) 397 4617
Paarl Alcohol and Drug Centre	P.O. Box 249 PAARL, 7620	(021) 872 5050	(021) 872 5050
Tygerberg Alcohol and Drug Centre	P.O. Box 1431 SANLAMHOF,7532	(021) 919 9557/8	(021) 919 7383
AFFILIATED SANCA (WC) BRANCHES ARE:			
George Alcohol and Drug Centre	P.O. Box 2310 GEORGE 6530	(044) 884 0674	(044) 884 0674
Knysna Alcohol and Drug Centre	P.O. Box 1290 KNYSNA 6570	(044) 382 5160	(044) 382 5947

Serenity Care Centre (Treatment Centre) Knysna	P.O. Box 1290 KNYSNA 6570	(044) 343 1395	(044) 343 2179
CEF (Creating Effective Families)	P.O. Box 2319 MOSSEL BAY 6500	(044) 691 1411	(044) 691 1411
Helderberg Drug and Alcohol Action Committee	P.O. Box 2060 SOMERSET WEST 7129	(021) 852 4820	(021) 852 7599
<b>7. DETOXIFICATION SERVICES</b>			
Stellenbosch Hospital	Private Bag X 5027 STELLENBOSCH 7600	(021) 887 0310	(021) 886 5454
Paarl Hospital	Private Bag X 3012 PAARL 7620	(021) 872 1711	(021) 872 4841
Karl Bremer Hospital	Private Bag X 15 Parow 7500	(021) 918 1511	(021)945 1919 (021) 949 8153
GF Jooste Hospital	P.O Box 66 Duinefontein Rd Manenberg 7762	(021) 690 100	(021) 691 7962
George Provincial Hospital	Private Bag X 6534 George 6530	(044) 875 5122	(044) 874 5017
Hottentots Holland Hospital	Private Bag X 2 Somerset West 7129	(021) 852 1334	(021) 852 5392
Eben Dönges Hospital	Private Bag X 3049 Worcester 6850	(023) 348 1400	(023) 342 8501
Stikland Hospital NKU	De la Haye Street Bellville 7530	(021) 9404500	(021) 9404597

8. OTHER STAKEHOLDERS			
NAME	ADDRESS	TEL. No.	FAX NO.
Drug Free Marshals (Cape Town)	Roeland Street CAPE TOWN 8000	(021) 418 6054	(021) 852 6066
Narconon Drug Education	P.O. Box 247 PAARDEN EILAND 7420	(021) 511 3496	
SANAB (S.A Narcotic Buro)	Captain Uys P.O. Box 254 George 6530	(044) 874 3162	(044) 874 1817
9. FORUMS			
Western Cape Alcohol and Drug Abuse Forum (Research Committee)	P.O. Box 19070 TYGERBERG 7505	(021) 938 0326	(021) 938 0342
Western Cape Alcohol and Drug Abuse Forum (Education and Prevention Committee)	P.O. Box 107 SEA POINT 8060	(021) 434 8703	(021) 439 2029

## COMMUNITY SERVICES

### HELPLINES

#### AIDS LINE

✉ P.O. Box 32201, Brandfontein, 2017

☎ 0800 01 2322

☎ (011) 715 2000

📞 (011) 715 2001

#### CHILDLINE

☎ (021) 461 1114

☎ 0800 05 5555

#### DEMENTIA SA (including Alzheimer's disease)

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

📞 (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

#### HEAL (Halt Elder Abuse Line)

✉ PO Box 2335, Cape Town, 8000. 36 Long Street, Cape Town

☎ (021) 426 5527

#### LIFE LINE

✉ 56 Roland Street, Cape Town, 8001

☎ (021) 461 1113 – office

☎ (021) 461 1111 – helpline

📞 (021) 461 6400

24 hour telephone counseling service AIDS and HIV counseling

✉ Life Line Bishop Lavis Day Hospital, Lavis Drive, 7490

☎ (021) 9344822/3027

📞 (021) 934 3037

Drop-in Centre Monday to Friday 8H00 – 16H00 and Saturday by appointment

✉ Khayalitsha Cape Town, CWD 505 Scott Street, CWD Centre, Khaylitsha, 7784

☎ (021) 361 5855 – lifeline

☎ (021) 361 9197 – office

📞 (021) 361 5787

Drop-in Centre Monday to Friday 8H00 – 13H00 and Saturday by appointment.

#### MARRIAGE & FAMILY

#### FAMSA

✉ No 9 Bowden Road, Observatory, 7925

☎ (021) 447 7951

☎ (021) 447 0170 – Appointments

📞 (021) 447 0174

✉ famsawc@new.co.

Offer counseling for individuals, couples and families; violence awareness; trauma debriefing; pre-marital counseling and divorce mediation.

#### VIOLENCE PREVENTION & TREATMENT

##### MOSAIC TRAINING, SERVICE AND HEALING CENTRE FOR WOMEN

✉ PO Box 18460, Wynberg 7824. No. 66 Ottery Road, Wynberg 7800

☎ (021) 761 7585

📞 (021) 761 7584

✉ admin@mosaic-sa.co.

Mosaic is a community based training and service organization that seeks to heal and empower woman and youth against the abuse in their homes, workplaces and communities.

##### NICRO WOMEN'S SUPPORT CENTRE

✉ PO Box 10034, Cape Town, 8000. No. 4 Buitensingel Street, Cape Town

☎ (021) 422 1690

📞 (021) 424 6879

A face-to-face counseling service for women who have been abused; community education regarding domestic violence and training of counselors.

#### RAPE CRISIS

✉ PO Box 46, Observatory, 7935. No. 23 Trill Road, Observatory, 7925

☎ (021) 447 1467 – Info.

☎ (021) 447 9762 – Counseling

📞 (021) 447 5458

Provide one-on-one counseling for survivors of rape, as well as training and public awareness regarding rape. A 24-hour emergency telephone counseling service is also operated – 083 222 5158.

#### TRAUMA CENTRE FOR SURVIVORS OF VIOLENCE AND TORTURE

✉ PO Box 13124, Woodstock, 7915. No. 126 Chapel Street, Woodstock, 7925

☎ (021) 465 7373

📞 (021) 462 3143

Trauma debriefing, support groups and individual and group therapy are offered to victims, survivors or witnesses of trauma and violence (and their families).

#### WESTERN CAPE NETWORK ON VIOLENCE AGAINST WOMAN

Saartjie Baartman Women's Centre, Klipfontein Road, Athlone

✉ PO Box 5, Athlone, 7760

☎ (021) 633 5287

📠 (021) 637 0785

Co-ordinate services and resources for women who have been abused; involved in networking, referrals and advocacy work.

## MENTAL ILLNESS

### MENTAL HEALTH INFORMATION CENTRE

Department of Psychiatry, University of Stellenbosch Medical School

✉ PO Box 19063, Tygerberg 7505

☎ (021) 938 9229

📠 (021) 933 5790

💻 [mhic@gerga.sun.ac.za](mailto:mhic@gerga.sun.ac.za)

Offers information and guidance regarding mental health concerns and resources. A nation-wide telephone referral service is also provided.

### DEMENTIA SA (including Alzheimer's disease)

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

📠 (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia

## SUPPORT GROUPS FOR MENTAL ILLNESS

### ANXIETY DISORDERS CLINIC

✉ University of Stellenbosch, Dept of Psychiatry, Private Bag X13, Bellville 7530

☎ (021) 940 4442/3

☎ (021) 940 4555

📠 (021) 940 4443

Assessment and treatment for people (from all areas) with Anxiety Disorders

### DEMENTIA SA (including Alzheimer's disease)

✉ P O Box 16421, Vlaeberg 8018 / 3<sup>rd</sup> Floor, State House, 3 Rose Street, Cape Town 8000

☎ (021) 421-0077 / 78

☎ NATIONAL HELPLINE : 0860 MEMORY / 0860 636 679

📠 (021) 418-2772

[www.dementiasa.org](http://www.dementiasa.org) / [info@dementiasa.org](mailto:info@dementiasa.org) / [support@dementiasa.org](mailto:support@dementiasa.org)

Helpline counselling, support groups, family support, information, education, training, resource centre and advocacy around Alzheimer's disease and dementia



#### DEPRESSION & ANXIETY DISORDERS SUPPORT GROUP

✉ PO Box 652548, Benmore, 2010

☎ (011) 783 1474/76 or 884 1797

📞 (011) 884 7074

Has a network of support across SA. Phone the main group to obtain contact details for local support groups.

#### REACH OUT

✉ PO Box 16578, Vlaeberg, 8018

☎ 088 120 4136

This organization does not offer crisis intervention but is a support group for people who are living with depression.

#### CAPE SUPPORT FOR MENTAL HEALTH

✉ Nursing Admin. Block, 1<sup>st</sup> Floor, Valkenberg Hospital, 7925. PO Box 236, Rondebosch, 7700

☎ (021) 448 0760

📞 (021) 448 0761

Support for families of people with Schizophrenia or Bipolar disorder.

#### SUPPORT GROUP FOR OBSESSIVE/ COMPULSIVE DISORDER

✉ 3 Sun Hue Gardens, McKnley Road, Kenilworth 7708

Every 2<sup>nd</sup> Sunday of each month at 16H00.

☎ (021) 671 2519

📧 [cgird@absamail.co.za](mailto:cgird@absamail.co.za)

#### WESTERN CAPE BIPOLAR ASSOCIATION

☎ 082 855 3180

📧 [bipolar@jaywalk.com](mailto:bipolar@jaywalk.com)

🌐 [www.jaywalk.com/bipolar](http://www.jaywalk.com/bipolar)

Support and information on "manic depression".

#### ELDERLY

##### ASSOCIATION OF RETIRED PERSONS AND PENSIONERS

✉ PO Box 403, Howard Place 7450. Suite 7, Howard Centre, Forest Drive, Pinelands

☎ (021) 531 1758

📞 (021) 531 5891

Organize social activities for the active elderly.

##### CAPE PENINSULA ORGANISATION FOR THE AGED

✉ 231 Main Road, Newlands, 7700. Private Bag X7, Newlands, 7725

☎ (021) 686 7830

📞 (021) 685 6689

## CHILDREN

### BATHUTHUZELE YOUTH STRESS CLINIC

✉ PO Box 19063, Tygerberg, 7505

☎ (021) 933 5790

Free assessment and treatment of youth (8 – 17 years).

### CAPE TOWN CHILD PROTECTION CENTRE

✉ St Leger Ward, Somerset Hospital, Greenpoint. PO Box 131, Cape Town 8000

☎/☎ (021) 425 5245

The Centre focuses on child abuse and neglect. A multi-disciplinary team is responsible for investigating each case.

### CAPE TOWN CITY MISSIONS

✉ PO Box 36091, Glossderry 7702. C/o Belmour & Turfall Road, Penlyn Estate

☎ (021) 691 9574

☎ (021) 691 9598

Run a variety of houses and day centres for children.

### CHILD CARE INFORMATION CENTRE

✉ Red Cross Children's Hospital, 46 Sawkins Road, Rondebosch, 7700

☎ (021) 689 1519

☎ (021) 689 5403

Provides a directory of services for health, welfare and education facilities for children with special needs.

### MÔRESON KINDER TEHUIS (ACTVV)

✉ P.O. Box 4401, George Oos, 6539

☎ (044) 874 4798/874 2159

☎ (044) 874 4798/8742159

### CHILDLINE COUNSELING CENTRE

✉ 38 Flemming Road, Wynberg

☎ (021) 762 8198

☎ (021) 762 7467

Individual counseling for children.

### CHILD WELFARE SOCIETY

✉ PO Box 18008, Wynberg, 7800. 13 Electric Road, Wynberg 7824

☎ (021) 761 7130

☎ (021) 797 3390

### EMPILWENI CENTRE

A500 Shawco Building, Vuyani Street, Khayelitsha

✉ Dept Psychiatry, Ward J15, Groote Schuur Hospital, Anzio Road, Observatory, 7925

☎ (021) 404 3359/ 361 7063

📠 (021) 448 8158/ 361 7590

✉ empil@curie.uct.ac.za

Group support and counseling for children with behavioral problems or who have been sexually abused. A parents' support group is also offered.

#### POST-NATAL DEPRESSION SUPPORT ASSOCIATION (PNDSA)

✉ No. 3 Visser Road, Trovato Estate, Kenilworth 7708

☎/📠 (021) 797 4498

Support to women who have suffered from PND.

#### PREGNANCY HELP CENTRE

✉ 101 Medical Mews, 46 Church street, Wynberg

☎ (021) 797 5000

📠 (021) 797 0050

Free pregnancy tests and counseling.

#### RAPCAN

✉ Private Bag X18, Rondebosch 7701. No. 28 Lower Main Road, Observatory, 7925

☎ (021) 448 9034/5

📠 (021) 448 9042 – fax

Rapcan work to prevent child abuse. They run awareness raising workshops and a counseling and referral system for both children and families and for adult survivors of incest and child abuse.

#### THE PARENT CENTRE

✉ 31 Eden Road, Claremont, 7708

☎ (021) 671 9142/3

📠 (021) 671 9109

The Centre offers counseling and runs workshops for parents.

#### UCT CHILD GUIDANCE CLINIC

✉ UCT, Child Guidance Clinic, Chapel Street, Rosebank, 7700

☎ (021) 650 3901

📠 (021) 689 1006

✉ E-mail: cgcnl@protem.uct.ac.

Counseling for families of children with emotional and behavioral problems. Scholastic and developmental assessments are also carried out.

#### CHILD AND PARENT GUIDANCE CENTRE (STELLENBOSCH UNIVERSITY)

☎ (021) 808 3506

📠 (021) 808 4706

#### UWC RESEARCH UNIT

✉ UWC Research Unit, Private Bag X 7, Bellville, 7535

☎ (021) 959 2602

📞 (021) 959 2606

Research on child and family issues

## HOMELESS PERSONS

### CASP: CO-ORDINATED ACTION WITH STREET PEOPLE

✉ 14 Roeland Street, Cape Town, 8000

☎ (021) 462 0280

Network of organizations and concerned individuals working to alleviate the plight of the homeless.

### THE ARK – CITY OF REFUGE

✉ PO Box 30476, Tokai, 7966,

☎ (021) 843 3927

📞 (021) 843 3013

Shelter and accommodation for anyone in need (adults, youth and children).

### THE BIG ISSUE

✉ 19 Leister Road, Wynberg

☎ (021) 761 0714

📞 (021) 761 0714

💻 [bissuect@iafrica.com](mailto:bissuect@iafrica.com)

✉ 37 Sir Lowry Road, Woodstock

☎(021) 461 6690

📞(021) 461 6662

### CAPE TOWN REFUGEE FORUM

✉ Zabows Building, Main Road, Wynberg.

☎ (021) 762 9670

📞 (021) 761 2294

Help with school placement, fees and uniforms as well as accommodation, food vouchers and cooking utensils. Refer for legal Aid and Adult Education.

## INTELLECTUAL DISABILITY

### WESTERN CAPE FORUM FOR INTELLECTUAL DISABILITY

ASAT House, 1<sup>st</sup> Floor, Alexandra Hospital, Annex Road, Maitland

✉ PO Box 142, Maitland, 7404

☎ (021) 510 4686

📞 (021) 510 4687

The Forum's work includes advocacy, training, support and networking.

### CAPE MENTAL HEALTH

22 Ivy Street, Observatory

✉ Private Bag X7, Observatory, 7935

☎ (021) 447 9040

📞 (021) 448 8475

✉ sandra@cmhs.co.za

The CMHS's work encompasses mental health, mental handicap (intellectual disability) and mental illness (psychiatric disability). They provide case management, support, education and capacity building for mentally disabled service-users and their families.

## PHYSICAL DISABILITY

### ASSOCIATION FOR THE PHYSICALLY DISABLED

✉ PO Box 1544, Milnerton 7435

☎ (021) 555 2881/2/3/4

📞 (021) 555 2888

### CANCER ASSOCIATION OF SA

✉ 37a Main Road, Mowbray, 7700. Private Bag X186 Rondebosch 7700

☎ (021) 689 5347

📞 (021) 685 1937

Counseling for individuals with cancer and their families; information and resource centre.

### MULTIPLE SCLEROSIS SUPPORT GROUP

PO Box 15112, Panorama 7500

☎/📞 (021) 930 4570

✉ tbeyers@naspers.com

### SA NATIONAL COUNCIL FOR THE DEAF

The Bastion of the Deaf, c/o Thicket Road and Hemlock Street, Newlands

✉ PO Box 226, Newlands, 7725

☎ (021) 683 4665/6

📞 (021) 671 2644

### SANEL – SOUTH AFRICAN NATIONAL EPILEPSY LEAGUE

✉ 235 Lower main Road, Observatory. PO Box 69 Observatory 7935

☎ (021) 447 3012

📞 (021) 448 0705

Counseling for individuals and families, support groups, employment opportunities, awareness raising and information on epilepsy.

### SA PARKINSON'S ASSOCIATION

☎(011) 787 8792

☎/📞 (021) 671 5221

Contact the above number for support groups.

#### WESTERN CAPE CEREBRAL PALSY ASSOCIATION

✉ St Giles Centre, 2<sup>nd</sup> Floor 77 Klipfontein, Rondebosch, 7700.

PO Box 13037, Mowbray 7705

☎ (021) 685 4150

📞 (021) 686 8544

Counseling, advice and placement for people with Cerebral Palsy. Family guidance and parent counseling are also provided.

#### WESTERN CAPE COUNCIL FOR THE BLIND

✉ PO Box 37559, Valleyland 7978. 20 Parakeet Street, Fish Hoek 7975

☎ (021) 785 3315

📞 (021) 785 5246

#### BETHESDA WORKSHOP FOR THE PSYCHICALLY DISABLED

✉ P.O. Box 383, Veldrift, 7365

☎ (022) 783 0420

📞 (022) 783 0426

Workshop for Men & Women, also for mental health users.

#### SHELTERS

✉ Agape Community Services:

☎ 083 341 8781

Children in crisis

✉ GC Williams: 66 Tarentaal Road, Bridgetown, 7764 PO Box 36091, Glossderry, 7702

☎ (021) 637 1254

📞 (021) 637 1286

✉ Beautiful Gate: P.O. Box 263, Muizenberg, 7950

☎/📞 (021) 788 6498

✉ Kidshelter: 28 St Barbara Street, St. Montague Village, Lavender Hill, 7945

☎ (021) 701 8840

📞 (021) 701 8848

✉ Ons Plek: 4 Albertus Street, Cape Town, 8000

☎ (021) 465 4829

📞 (021) 461 0530

✉ The Homestead: 150 Strand Street, Cape Town, 8000

Private Bag 21538 Kloofstreet 8008

☎ (021) 419 9763/4

📞 (021) 419 2600

✉ The Bridge: Chapel Street, District 6, Cape Town, 8001

☎ (021) 419 9763/4

📞 (021) 419 2600

✉ Bright Light's Skuiling: 15 Edgar Street, Somerset West, 7130

☎/📞 (021) 8512414

✉ Beth Uriel (16–24 years): 289 Victoria Road, Salt River, 7925,

PO Box 335 Woodstock 7915

☎ (021) 447 8727

📞 (021) 448 2775

✉ Claremont Children: P.O. Box 18008, Wynberg, 7824  
No. 1 Fir Street, Claremont

☎ (021) 683 5756

📞 (021) 797 3390

✉ Don Bosco Hostel (16–24 years): 2 Somerset Road, Cape Town, 8001

☎ (021) 421 6764

☎ (021) 425 1452

📞 (021) 419 1312

✉ Percy Bartley House: 44 Pine Road, Woodstock, 7925

☎/📞(021) 447 5722

## GENERAL

ACVV (Afrikaanse Christelike Vrouevereniging)

✉ 61 Caledon Street, Cape Town, 8001

☎ (021) 462 1062

📞 (021) 465 0401

Provides various social services, counseling and advice.

ATTIC (Aids Training & Information Counseling Centre)

✉ Lady Michaelis Orthopedic Home, Timor Hall Road, Plumstead, 7801

☎ (021) 797 3327/28

📞 (021) 797 3356

AUTISM WESTERN CAPE

✉ Tamboerskloof.

☎(021) 557 3573

📞086 671 9120

BEFRIENDERS SOUTH AFRICA

✉ Nurse's College, Lentegur Hospital,

PO Box 219, Mitchell's Plain, 7789

☎/📠 (021) 371 1481

Confidential emotional support for distressed, disappearing and suicidal people. Support may be telephonic, face-to-face or postal.

#### BEITUN-NUR

✉ 15 Mars Road, Wynberg.

PO Box 57 Retreat 7945

☎/📠 (021) 797 9770

Home for destitute and abuse mothers and children.

#### BLACK SASH

✉ 12 Plein Street, Cape Town

☎ (021) 461 7804

📠 (021) 461 8004

Promotes human rights and social justice

#### CAFDA

Prince George Drive, Retreat. PO Box 211, Retreat 7945

☎ (021) 706 2050

📠 (021) 706 3013

Social services particularly for children, the elderly and family.

#### CATHOLIC WELFARE AND DEVELOPMENT

✉ Head Office, 37a Somerset Road, Green Point, 8001

☎ (021) 425 2095/6/7

📠 (021) 425 4295

A broad spectrum of projects encompassing multiple social and mental health concerns.

#### CITIZEN'S ADVICE BUREAU

✉ 122 A Rosenberg House, Longmarket Street, Cape Town

☎ (021) 422 0300

📠 (021) 422 0555

Free information on almost any subject.

#### ISLAMIC SOCIAL AND WELFARE ASSOCIATION

✉ PO Box 447, Athlone, 7760

☎ (021) 696 3000

📠 (021) 697 4606

#### NEW WORLD FOUNDATION

15 Grindal Avenue, Lavender Hill

✉ PO Box 290, Steenberg, 7947

☎ (021) 701 1150

📠 (021) 701 9592



A training and community centre with a variety of projects to promote mental health and to support those with mental illness.

#### RED CROSS SOCIETY

✉ PO Box 18032, Wynberg, 7824, 21 Broad Road, Wynberg, 7800

☎ (021) 797 5360

📞 (021) 797 4711

✉ E-mail: redxcape@iafrica.com

#### SCHOOL - ALPHA

✉ Woodstock

☎ (021) 447 1212

📞 (021) 448 0405

#### SHAWCO

✉ 115 12<sup>TH</sup> Avenue, Kensington, 7405

☎ (021) 593 2170

📞 (021) 593 3815

#### SIZOPHILA SUPPORT GROUP

Uluntu Centre, NY 108, Gugulethu. PO Box 30, Gugulethu 7750

☎ (021) 638 5123

📞 (021) 637 7969

Support group for people suffering from HIV/ AIDS.

#### THE PRISON CARE AND SUPPORT NETWORK

✉ 46 Rouwkoop Road, Rondebosch, 7700

☎ (021) 697 1348

📞 (021) 697 4174

Seeks to respond to the spiritual and emotional needs of prisoners and their families

#### TRIANGLE PROJECT

✉ 41 Salt River Road, Salt River.

PO Box 43282 Woodstock

☎ (021) 448 3812

📞 (021) 448 4089

Caring for the gay, lesbian, bi-sexual and transgender community. The gay and lesbian helpline provides confidential telephonic counseling and support, crisis intervention and information service. Face to face counseling is available during office hours. Family and same-sex couple counseling is available.

DEPARTMENT OF HEALTH  
COMPREHENSIVE & PUBLIC HEALTH  
INTERNAL DIRECTORY

DIRECTORATE	NAMES	E-MAIL ADDRESS	TEL. NUMBER
DIRECTOR SECRETARY	Mr. Steven Titus Ms Kim Gilson	Stitus@pgwc.gov.za Kegilson@pgwc.gov.za	483 37 37 483 57 07
ENV HEALTH PORT HEALTH	Mr. Ewald Bonzet Mr. Martin Slabber Ms. S. Van Heerden Ms. Yolanda Truter	<a href="mailto:Eonzet@pgwc.gov.za">Eonzet@pgwc.gov.za</a> Importctn.xsinet.co.za <a href="mailto:Svheerde@pgwc.gov.za">Svheerde@pgwc.gov.za</a> <a href="mailto:Ytruter@pgwc.gov.za">Ytruter@pgwc.gov.za</a>	4211124
REPRODUCTIVE HEALTH	Rachel Peters	<a href="mailto:Rdpeters@pgwc.gov.za">Rdpeters@pgwc.gov.za</a>	4834841
ORAL HEALTH	Abdul Dalvie Suzette Oosthuizen	<a href="mailto:Adalvie@pgwc.gov.za">Adalvie@pgwc.gov.za</a> <a href="mailto:Soosthui@pgwc.gov.za">Soosthui@pgwc.gov.za</a>	483 26 85 4833217
MCWH MCWH MCWH	Ms Leana Olivier Ms Fawsia Desai Ms Edna Arendse	Lolivier@pawc.... Fdesai@pawc.... Earends@pawc...	483 26 86 483 42 66 483 26 80
HEALTH PROMOTION	Ms Patricia De Villiers Mr. Marius Le Roux Ms Nonkosi Dyakala Mr. Malusi Ulana	<a href="mailto:Pkdevill@pawc....">Pkdevill@pawc....</a> Mpleroux@.... Ndyakala@....	483 56 82 483 26 77 483 33 28 4833150
NUTRITION	Ms Hilary Goeiman Ms Luzette Van Niekerk Ms Juanie Kammer Ms Barbara Williams Ms Thunyelwa Sibefu	Hgoeiman@..... Lvanniekerk@ Nshongwe.... <a href="mailto:Bawillia@pgwc.gov.za">Bawillia@pgwc.gov.za</a> <a href="mailto:Tсібefu@pgwc.gov.za">Tсібefu@pgwc.gov.za</a>	483 5663 483 39 85 483 5786 483 2275 483 4652
COMMUNICABLE DISEASES & CHILD HEALTH	Ms Fawzia Desai Ms Charlene Jacobs Ms Michelle Williams Velasco Voigt	Fdesai@pgwc.gov.za <a href="mailto:Cajacobs@pgwc.gov.za">Cajacobs@pgwc.gov.za</a>  <a href="mailto:vvoigt@pgwc.gov.za">vvoigt@pgwc.gov.za</a>	483 4266 483 3156 483 9880 483 6861
CHRONIC CARE & REHABILITATION	Ms Urita Van Vuuren Mr Richard Du Plessis Ms Rhoo de Christalin	Uvvuuren@pgwc.gov.za Reduples@pgwc.gov.za <a href="mailto:Crhoo de@pgwc.gov.za">Crhoo de@pgwc.gov.za</a>	483 30 71 483 9374 483 6874
MENTAL HEALTH	Ms Carol Dean Mr Isaac Plaatjies	Cdean@pgwc.gov.za <a href="mailto:lplaatji@pgwc.gov.za">lplaatji@pgwc.gov.za</a>	4839383 483 4270