



**Western Cape  
Government**

Social Development

**BETTER TOGETHER.**

---

# **WHERE TO FIND HELP FOR PROBLEMS WITH DRUG OR ALCOHOL ABUSE AND ADDICTION**

## **INTRODUCTION:**

You can get help with problems caused by the harmful use of drugs and alcohol. There are different types of services available to the public, depending on the kind of problems experienced by you or the person you are seeking help for. This is a guide to some of the options that are available to help you.

## **HELP IS AVAILABLE:**

For assistance with overcoming addiction or harmful drug and alcohol use, you can contact any one of our offices or service providers listed below. If you have access to medical aid and the financial resources for private treatment, you can access a range of private psychiatrists and psychologists through any of the private treatment centres in the province. ***Make sure that the treatment centre you approach is registered with the Provincial Department of Social Development. Registered centres are those which meet treatment standards required by government.***

## **TREATMENT OPTIONS:**

### **WHAT IS IN-PATIENT TREATMENT?**

In-patient service means a residential treatment service provided at a treatment centre.

### **WHAT IS OUT-PATIENT TREATMENT?**

It is a service to a person who is engaging in harmful drug and alcohol use and to the people who are adversely affected by his/her behaviour. This type of treatment involves attending regular sessions at a treatment centre, and is often equally effective to residential care, but less costly.

### **COSTING:**

Although certain facilities render services without any cost implications to the client e.g. government treatment centres and government subsidized treatment centres you are encouraged to enquire from the required facility if there are any costs.

## WHERE TO FIND HELP:

- Department of Social Development: Toll free: 0800 220 250
- Department of Health: Stikland Helpline: 021 940 4500
- City of Cape Town: 0800 435 748
- Website: <http://druginfo.westerncape.gov.za/> or [www.capegateway.gov.za](http://www.capegateway.gov.za)

<b>CENTRES OFFERING FREE TREATMENT</b>		
NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>De Novo Treatment Centre</b>	Old Paarl Road, Kraaifontein Tel; 021 988 1138 Fax: 021 988 0426 Ms C Fledermaus Cflederm@Westerncape.gov.za	Kraaifontein
<b>Kensington Treatment Centre</b>	Kensington road, Maitland Ms. F. Davids Tel: 021 5119 169/ 021 5101 735 Cell: 083 2759 574 Fax:0215101057 Email:fayruz@kensingtontc.org.za	Maitland
<b>Western Cape Youth Rehabilitation Centre</b>	Old Faure Road, Eersterivier 7163 Ms S. Allie Tel: 021-843 3200 Fax: 021 843 3259 Shahieda@wcyouthrehab.co.za	Eersterivier
<b>Hesketh King Treatment Centre</b>	P.O. Box 5, Elsenburg, 7607 C/R Old Paarl RD./Klipheuwel RD. Muldersvlei Tel; 021 8844600 Fax: 0218844602 Major. Valerie Potgieter Email: hking@mweb.co.za	Muldersvlei
<b>Ramot Treatment Centre</b>	54 Toner street, Parow Tel: 021 939 2033 Fax: 021 9303123 P.L. Theron Email: pltheron@ramot.co.za or admin@ramot.co.za	Parow

## CENTRES OFFERING FREE TREATMENT

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>Toevlug Treatment Centre</b>	40 Noble Street Riverview, Worcester Theresa Rossouw Tel: 023 342 1162 Fax: 0233473232 Email: trossouw@toevlug.org	Worcester
<b>Tehillah Community Collaborative</b>	196 16 <sup>th</sup> Avenue, Leonsdale Elsies River Sr. Kleyn Tel:0219330990 Fax: 0865229264 Email: tehillahcc@polka.co.za	Elsies River
<b>Namaqua Treatment Centre</b>	Farm 1411 Olifants Nedersetting, Lutzville Mr. C. Van Zyl Tel: 072 2134502 Fax: 086 565 8211 Email:cwvanzyl@mweb.co.za	Lutzville
<b>False Bay Therapeutic Community Centre</b>	1 Second Avenue Fish Hoek Telefax: 021 782 6242 Reza Arieff Email: falsebaytc@telkomsa.net	Fish Hoek
<b>Badisa Bellville</b>	Marturia Centre 11 Pastorie Street Bellville Tel :021 957 7130 Fax: 021957 7131	Bellville
<b>Stikland Opiate Detox Unit</b>	De la Haye Avenue De la Haye, Bellville Tel: 021 940 4400 Fax: 021 940 4543 Email: lizew@sun.ac.za	Bellville
<b>Sultan Bahu</b>	Central Park Primary Juniper Street, Bonteheuwel Tel: 021 694 9874 Fax: 021 694 9634	Bonteheuwel

## CENTRES OFFERING FREE TREATMENT

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>Fish Hoek False Bay Therapeutic Community</b>	1 Second Avenue, Fish hoek Tel: 021 782 6242 Fax: 086 620 5826 E-mail: falsebaytc@telkomsa.net	Fish hoek
<b>Hanover Park Sultan Bahu</b>	Cnr Lonedown and Lansur Roads, Hanover Park Tel: 021 691 7782 Fax: 021 691 7900 E-mail: bahuct@yahoo.com	Hanover Park
<b>Stellenbosch Hesketh King Treatment Centre</b>	Cnr Old Paarl and Klipheuvel Road Muldersvlei, Stellenbosch Tel: 021 884 4600 Fax: 021 884 4602 E-mail: hking@mweb.co.za	Stellenbosch
<b>Tafelsig Matrix Site</b>	Tafelsig CHC, Kilimanjaro Street Tafelsig, Mitchells Plain Tel: 021 557 1065/556 7103	Mitchells Plain
<b>Tableview Matrix Site</b>	Tableview Clinic South Road, Table View Tel: 021 557 1065/556 7103	Table View
<b>Delft South Matrix Site</b>	Delft South CHC c/o Boyce Street and Delft main Road Delft South Tel: 021 955 9200	Delft South
<b>Khayelitsha Matrix Site</b>	C Block Stocks & Stocks Municipal Offices, Ntlakhohlaza Street, Town 2, Village 1, Khayelitsha, 7784 Tel: 021 360 1256 Cell: 073 884 5069	Khayelitsha

## CENTRES OFFERING FREE TREATMENT

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>Mitchell's Plain Cape Town Drug Counselling Centre</b>	Unit 12, Woolworths Arcade 2 Symphony Walk, Town Centre Mitchell's Plain Tel: 021 391 0216 Fax: 021 391 0218 E-mail: ctdccmp@mweb.co.za	Mitchell's Plain
<b>Mitchell's Plain Sultan Bahu Centre</b>	92 Shepherd Way Westridge Mitchell's Plain Tel: 021 372 2945 021 372 4555 Fax: 021 372 1838 E-mail: bahuct@yahoo.com	Mitchell's Plain
<b>The Mudita Foundation</b>	Vanguard Road Tuscany Glen High School, Eesteriver Cell: 084 857 0450 Fax: 074 292 1244 Email: themuditafoundation@gmail.com	Eesteriver
<b>Observatory Cape Town Drug Counselling Centre</b>	1 Roman Street Observatory Tel: 021 447 8026 Fax: 021 447 8818 E-mail: ctdcc@iafrica.com	Observatory
<b>Ramot Centre for alcohol and drug addiction</b>	54 Toner Street, Parow East 7500 Tel: 021 939 2033 Fax: 021 930 3123 E-mail: admin@ramot.co.za	Parow
<b>Somerset West Helderberg CARES</b>	40 St. James Street Somerset West Tel: 021 850 0792 Fax: 088 021 852 6065 E-mail: cares@smart-sa.org	Somerset West

## CENTRES OFFERING FREE TREATMENT

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>Somerset West Pebbles Project</b>	Pebbles Project, Villiera Wine farm, Cnr of R101 and R304 Koelenhof Stellenbosch, 7605 Tel: 021 865 2676 Fax: 086 549 498 E-mail: Sophia@pebblesproject.co.za	Stellenbosch
<b>Knysna Drug and Alcohol Centre</b>	6 Green Street Knysna Tel: 044 382 5260 Fax: 044 382 1063 E-mail: kadcdirector@unimed.co.za	Knysna
<b>Vredendal Namaqua Treatment Centre</b>	Farm 1411 Lutzville Namaqualand Tel: 027 213 3270 Fax: 027 213 3270 E-mail: madamatz@telkomsa.net	Lutzville

## SUPPORT AND ADVICE CAN ALSO BE SOUGHT AT SANCA REGIONAL OFFICES

<b>BELLVILLE</b>	Dr. D. Fourie	021-945 4080/1	021-945 4082
<b>ATHLONE &amp; GUGULETHU OFFICE</b>	Mrs. V Mvumvu	021-638 5119	021-637 2832
<b>ATLANTIS OFFICE</b>	Mrs. M Alexander	021-572 7461	021-572 8743
<b>KHAYELITSHA OFFICE</b>	Mr. N Mnoneleli	021-364 6131	021-364 5510
<b>MITCHELL'S PLAIN OFFICE</b>	Ms. N Kwalie	021-397 2196	021-397 4617
<b>PAARL OFFICE</b>	Mrs. A Ackermann	021-872 9671	021-872 5050
<b>TYGERBERG OFFICE</b>	Mrs. F Cornelissen	021-945 2099	021-945 2098

## PRIVATE TREATMENT CENTRES

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>Tharagay House</b>	15A Gibson Road Kenilworth, 7708 Tel: 021 762 2425 Fax: 086 612 1146 Dion Vessels dion@tharagayhouse.co.za	Kenilworth
<b>Serendipity House</b>	6 - 8 Dironsshine Street Woodstock, 7925 021 448 8025 Steven Thomson Steven@harmonyainic.co.za	Woodstock
<b>Stepping Stones</b>	Cnr. Main & Van Imhoff Road Kommetjie, 7975 Tel: 021 783 4230 Fax: 0217831816 Cary Bekker Email: carryb@steppingstones.co.za	Kommetjie
<b>Kenilworth Clinic</b>	32 Kenilworth Street Kenilworth Tel 021 7634501 Fax: 021 7634558 Deidre Greling info@kenilworthclinic.co.za	Kenilworth
<b>Crescent Clinic</b>	269 Main Road Claremont 7708 Mr. Z. Finkelstein Tel: 021 762 7666 Fax: 0217627669 Email: Zandre@netactive.co.za	Claremont



## HALFWAY HOUSES

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
<b>Tharagay House</b>	15A Gibson Road Kenilworth, 7708 Tel: 021 762 2425 Fax: 086 612 1146 Dion Vessels dion@tharagayhouse.co.za	Kenilworth
<b>Serendipity House</b>	6 - 8 Dironsshine Street Woodstock, 7925 021 448 8025 Steven Thomson Steven@harmonyainic.co.za	Woodstock
<b>Hope Again Recovery Home</b>	C/O Ajax and Artemis Street Woodlands Mitchell's Plain 7785 Tel: 021 371 7322 Fax: 086 659 3824 Pastor Schilder Email: hermancolleen@gmail.com	Mitchell's Plain

