



Provincial Mental Health Directory Department of Health 2015

WESTERN CAPE DEPARTMENT OF HEALTH

MENTAL HEALTH REVIEW BOARD

NAME	ADDRESS	TEL.	E MAIL	SERVICES OFFERED
Mental Health Review Board	c/o Lentegeur Hospital Private Bag x 4 Mitchell's Plain 7785	021 370 1221	Gfakier@pgwc.gov.za	Safeguarding the Rights of Mental Health Care users through documentation, discussions

PROVINCIAL OFFICE – MENTAL HEALTH PROGRAMME

NAME	ADDRESS	TEL.	FAX	SERVICES OFFERED
Marinda Roelofse Deputy Director: Mental Health and	Norton Rose House, 1st Floor, 8 Riebeeck Street, Cape Town, 8001	021 483 6840	021 483 2682	Provincial coordinator Policy development Monitoring and Evaluation

Substance Abuse				
Nousheena Firfirey Assistant Director: Mental Health and Substance Abuse	Norton Rose House, 1st Floor,8 Riebeeck Street Cape Town, 8001	021 483 4270	021 483 2682	Policy development Monitoring and Evaluation

PROVINCIAL SPECIALIST SERVICES

NAME	ADDRESS	TEL.	FAX	SERVICES OFFERED
Groote Schuur Hospital (Ward C 22 & 23)	Dept of Psychiatry Groote Schuur Hospital Anzio Road, Observatory, 7925	Tel: (021) 404 2175/51	Fax: (021) 404 2153	Specialised services for selected mental health disorders
Tygerberg Hospital (J Lower Ground)	Dept. of Psychiatry Private Bag X 3 Tygerberg, 7505	Tel: (021) 938 5120	Fax: (021) 938 6301	

PROVINCIAL SPECIALISED PSYCHIATRIC HOSPITALS

NAME	ADDRESS	TEL.	FAX	SERVICES	TIMES
Valkenberg Hospital	Private Bag X1 Observatory, 7935	Tel: (021) 440 3111	Fax: (021) 447 6041	Specialised in-and outpatient care	24 Hours
Stikland Hospital	Private Bag X13 Bellville, 7535	Tel: (021) 940 4400	Fax: (021) 910 3508		24 Hours
Lentegeur Hospital	Private Bag X4 Mitchell's Plain, 7789	Tel: (021) 370 1111	Fax: (021) 371 7359		24 Hours

STEPDOWN FACILITIES FOR PSYCHIATRY

NAME	ADDRESS	TEL.	FAX	SERVICES	TIMES
New Beginnings	Stikland	Tel: (021) 910 5360	Fax: (021)	Preparation for re- integration into community living after discharge from psychiatric hospital	24 Hours
William Slater	Bellville, 7535	Tel: (021)	Fax: (021)		24 Hours

PROVINCIAL MENTAL HEALTH SERVICES FOR CHILDREN

NAME	ADDRESS	TEL.	FAX	Service	TIMES
Division of Child and Adolescent Psychiatry, Red Cross Child	46 Sawkins Road, Rondebosch, 7700	(021) 685 4103	(021) 685 4107	Outpatient services for children and adolescents with mental health difficulties, Specialist in-patient service for children under 12	Outpatients: Monday –Friday In –patients 24 Hours
Tygerberg Child and Family Unit	Private Bag X3, Tygerberg, 7505	(021) 938 4573	(021) 938 6111	In and outpatient services for children and adolescents with mental health related problems	In-patient -24 hours
Lentegeur Child and Family Unit	Lentegeur Hospital, Highlands Drive Mitchell's Plain, 7785	(021) 370 1498	(021) 371 73590/ 370 1498	In and outpatient services for children and adolescents with mental health related problems	In-patient -24 hours

PROVINCIAL SERVICES FOR SUBSTANCE ABUSE

NAME	ADDRESS	TEL.	FAX	SERVICES	TIMES
Dr Lize Weich (provincial Consultant)	Private Bag X13 Bellville, 7535	Tel: (021) 940 4400	Fax: (021) 910 3508	Consultant to treatment centres	Monday- Friday

PROVINCIAL CARE AND REHABILITATION FOR PERSONS WITH INTELLECTUAL DISABILITY

NAME	ADDRESS	TEL.	FAX	SERVICES	TIMES
Alexandra Hospital	Private Bag X1 Maitland, 7405	Tel: (021) 503 5000	Fax: (021) 511 1919	In and out- patient services for adults	24 Hours
Lentegeur Hospital	Private Bag X4 Mitchell's Plain, 7789	Tel: (021) 370 1111	Fax: (021) 371 7359	In and out- patient services for children and adults	24 Hours

SENIOR MEDICAL MANAGER

NAME	ADDRESS	TEL.	FAX	SERVICES	TIMES
Dr Linda Hering	Private Bag X15 Parow, 7500	Tel: (021) 918 1565	Fax: (021) 918 1483	Senior Medical Manager	Monday-Friday

				General Specialist Hospitals	
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**METRO DISTRICT HEALTH SERVICES
SOUTHERN/WESTERN SUB STRUCTURE**

NAME	ADDRESS	TEL.	E-MAIL	SERVICE	TIMES
Director: Dr Kathryn Grammar	DP Marais hospital, Wynberg	021 202 0906	Kathryn.Grammer@westerncape.gov.za	Line manager: Southern/Western	Monday-Friday
Ms A Jansen van Rensburg	DP Marais hospital, Wynberg	021 202 0925	Anneline.JanseVanRensburg@westerncape.gov.za	DD Comprehensive Health	Monday-Friday
Ms Carolyn Warden	DP Marais hospital, Wynberg	021 202 0910	Carolyn.Warden@westerncape.gov.za	Substructure CBS Coordinator	Monday-Friday
Ms Kashiefa Allie	DP Marais hospital, Wynberg	021 202 0910	Kashiefa.Allie@westerncape.gov.za	Admin support	Monday-Friday
Dr Peter Ashman	Valkenberg Hospital	021 440	Peter.Ashman@westerncape.gov.za	Community Psychiatrist	Monday-Friday
Ms Cathy Aaron			cathy@iafrica.com	Community psychologist	Monday-Friday

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

WESTERN SUB-STRUCTURE					
NAME	ADDRESS	TEL.	FAX	MENTAL HEALTH NURSE	SERVICE TIMES
Robbie Nurock	89 Buitekant Str, Cape Town, 8001	(021) 4611124	(021) 461 7962	Vacant (Monday +Tuesday)	Mon- Friday
Green Point	Portwood Road Green Point, 8051	(021) 4210288	(021) 421 0296	Vacant (Wed/Thurs)	Mon- Friday
Kensington CHC	6 th Ave. Kensington	(021) 5930378	(021) 593 0933	Mr. Landolt	Monday - Friday

	7405	(021) 59311501		(Mon/Tues)	
Woodstock CHC	Mountain Rd Woodstock 7925	(021) 460 9115/460- 9100	(021) 460	SPN CI George (Mon.\ Tues)	Mon- Friday
Maitland CDC	2 Norfolk Rd. Maitland, 7405	(021) 5116272 (021) 5112523	(021) 510 6473	SPN CI George (Wed/Thurs)	Mon- Friday
Protea Park	Gardenia Street Atlantis 7349	(021) 572 4696	(021)572 6968	SPN. McCart	
Saxonsea MLC	Cnr Hermes & Grouvener Ave. Saxonsea 7349	(021) 572 4782	(021)572 0339	SPN. McCart	
	Cnr. Liederman & Adam St. Mamre 7347	(021) 576 1175	(021) 576 1917	SPN. McCart	
Goodhope CDC	Justin str, Ysterplaat 7405	(021) 511 8606	(021) 511 3059	Mr. Landolt (Tuesday)	
Tableview MLC	South Rd. Tableview, 7441	021 557 1065/ 6	(021) 557 6959	At Good Hope	
Vanguard CHC	Citrus & Candlewood Street Bonteheuwel7764	(021) 6945540/1/3	(021) 694 5584	Mr. Mathi SPN. N.Khan	24 Hours

DISTRICT HOSPITALS

NAME	ADDRESS	TEL.	FAX	CEO	SERVICE TIMES
Somerset Hospital	Beach Road Greenpoint, 8001	021 402 6429		Dr D Stokes	24 Hours
Wesfleur Hospital	Wesfleur Circle , Atlantis, 7349	021 571 8040		Dr Gqodwana	24 Hours

SOUTHERN SUB STRUCTURE

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	OPERATIONAL TIME
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Hout Bay	Karbonkel St. Hout Bay 7800	(021) 7903570 (021) 7901050	(021) 790-7520	Sr. McNab Weds. /Thurs.	
Strandfontein	Welgelegen str. Strandfontein 7794	(021)3936226\36	(021) 393 4838	Vacant Alt Mon. afternoon	
Ocean View	Carina Close Ocean View 7975	(021)783 1688 (021)783-1766	(021) 783-1482	Sr. McNab Mon / Tues	
Lady Michaela's	C/o Berham\Gabriel Rd Plumstead 7800	(021)797-8171	(021) 762-8020	CPN L. Sias	Monday-Friday
Grassy Park	Victoria Rd. Grassy Park 7945	(021) 7053814 0734024949	(021)705 5712	Sr. Wessels	Monday-Friday
Retreat	11 th Ave Retreat 7945	(021)7125105\55\9	(021)712-1493	SPN M. Abrahams.	Monday-Friday
Lotus River	C/o Delia & Anita Rd. Lotus River 7945	(021)703-8057 703-3131\2\3	(021)703-5692	Sr. Hendricks	Monday-Friday

DISTRICT HOSPITALS

NAME	ADDRESS	TEL.	FAX	CEO	SERVICE TIMES
False Bay Hospital	17 th Avenue , Fish Hoek 7975	021 782 1121		Dr Wendy Waddington	24 Hours
Victoria Hospital	Alphen Hill Road , Wynberg , 7800	021 799 1111		Dr M Moodley	24 Hours

KLIPFONTEIN/MITCHELL'S PLAIN SUB-STRUCTURE

NAME	ADDRESS	TEL.	E-MAIL	SERVICE	TIMES
Director: Ms Patti Olckers	Lentegeur Hospital Mitchell's Plain	021 202 0906	Kathryn.Grammer@westerncape.gov.za	Line manager: Southern/Western	Monday-Friday
Ms A Jansen van Rensburg	DP Marais hospital, Wynberg	021 202 0925	Anneline.JanseVanRensburg@westerncape.gov.za	DD Comprehensive Health	Monday-Friday
Ms Carolyn Warden	DP Marais hospital, Wynberg	021 202 0910	Carolyn.Warden@westerncape.gov.za	Substructure CBS Coordinator	Monday-Friday
Ms Kashiefa Allie	DP Marais hospital, Wynberg	021 202 0910	Kashiefa.Allie@westerncape.gov.za	Admin support	Monday-Friday
Dr Peter Ashman	Valkenberg Hospital	021 440	Peter.Ashman@westerncape.gov.za	Community Psychiatrist	Monday-Friday
Ms Cathy Aaron			cathy@iafrica.com	Community psychologist	Monday-Friday

KLIPFONTEIN SUBSTRUCTURE

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Dr Abdurahman CHC	Ebbenhout st. Kewtown Athlone 7764	(021) 6379071\2\3	(021)637 5998	Sr.M.Micheals	Monday to Friday
Heideveld CHC	Heideveld Rd. Heideveld Athlone 7764	(021) 6378036\7\8 (021) 6378033 (021) 6378054	(021) 637 6632	CPN J.Cupido Mr. P. Plaatjies	Monday to Friday
Hanover Park CHC	9 Hanlyn Walk/Hanover Park Avenue Hanover Park 7764	(021) 6921240\1\2\3	(021) 692 3921	CPN V.Lang eveld Eva Lucas	Monday to Friday
Guguletu CHC	NY1& 3 Guguletu 7750	(021)6371280	(021) 637 5103	PN Yusi Sr. Banzi	Monday to Friday

Nyanga CHC	Cm New Eislieben Rd / Miller Str, Nyanga	(021) 3808000	(021) 380 8049	No Post.	Monday to Friday
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MITCHELLS PLAIN SUB DISTRICT

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Mitchell's Plain	1 st Avenue Eastridge	(021) 392 5161	(021) 391 2803	SPN T. Ndamase	
Tafelsig	Kilimanjaro rd Tafelsig 7785	(021) 397 8195 397 8906	(021)397 3544	Vacant	Wed. \ Thurs.
Rocklands	Park Ave Rockland s 7785	(021) 392 5121/2/3	(021) 392 6885	Vacant	Mon. \ Tue.
Lentegeur	Merrydale Rd. Lentegeur 7785	(021) 3712126\7	(021)371 2138	CPN C Andries	Mon.\Wed\ Thurs
Westridge	Wespoort Road Westridge 7785	(021) 392-4124	(021)392-1881	CPN C Andries SEN Goodbury	Tuesday
Cross Roads	Lansdowne Rd. Cross Rd. 7753	(021) 3861121\4	(021)386-7975	Sr Mdingi Mr. Photo	

DISTRICT HOSPITALS

NAME	ADDRESS	TEL.	FAX	CEO	SERVICE TIMES
Mitchell's Plain Hospital	Private Bag X 9 AZ Berman Road, Mitchell's Plain	021 377-4301		Mr Hans Human	24 Hours

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TYGERBERG SUB DISTRICT

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL	FAX	CONTACT PERSON	TIME
Reed Street CHC	Reed St. Bellville 7530	(021)9463790\1\2	(021) 948 9108	Vacant	Thurs./ Alt. Mon.
Bellville South CHC	KasselsvleiRd. Bellville South 7530	(021)9512326\7\8	(021) 951 2998	Vacant	Tues. /Alt. Mon
Groenvallei MLC	Midmar st. Groenvallei Bellville 7530	(021) 9195872 (021) 9198391	(021) 919 6559	Vacant	Seen at Reed Str.
Delft CHC	Main Rd./Voor brug Rd Delft 7100	(021) 9542237	(021) 954 1207	PN Lomax SPN Mchelm	
Bishop Lavis CHC	Lavis Drive Bishop Lavis7490	(021) 9346050	(021) 934 4143	SPN Kiewitz	
Dirkie Uys CHC	Cnr. Dingle & Church St. Goodwood 7460	(021) 5901620	(021) 590 1645	Mr. Kadephi Mhlana	
Ruyterwacht CHC	Shopping Centre Vereniging Circle Ruyterwacht 7460	(021) 5344361	(021) 534 8789	CPN V Koert	

Parow CHC	Smith Str Parow 7500	(021)9388037/8253	(021)938 8117	CPN A. Parker	Tues &Wed. 08:00-13:00
Matroosfontein MLC	Civic Way Matroosfontein, 7490	(021)9368754/56/57	(021)936 8755	CPN V Koert	
Elsies River CHC	Cnr. Halt&29 th Ave Elsies River 7460	(021)9310212/3	(021) 931 8359	CPN V. Smidt S. Walters	
Ravensmead CHC	Florida Street Ravensmead	(021)936 8758	(021) 936 8759	CPN A Parker	Mon. am Thurs. am

DISTRICT HOSPITALS

NAME	ADDRESS	TEL.	FAX	CEO	SERVICE TIMES
Karl Bremer Hospital	Mike Pienaar Blvd Bellville, 7530	021 918-1911		Dr L Naude	24 Hours

NORTHERN SUB DISTRICT

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL.	FAX	CONTACT PERSON	TIME
Brackenfell MLC	Paradys St. Brackenfell, 7560	(021)9801284/5			At Kraaifontein CHC
Kraaifontein CHC	6 th Ave Kraaifontein 7570	(021)987 0080	(021) 987 2310	Judy Webber Sr. Nofileti	
Scottsdene MLC	Eon Ave Scottsdene, 7570	(021)980 6243	(021) 987 1343		At Kraaifontein CHC
Durbanville CHC (Morning Star)	De Villiers str. Durbanville, 7550	(021)970 3170	(021) 970 3061	Sr. J. Webber	Wed

DISTRICT HOSPITALS

NAME	ADDRESS	TEL.	FAX	CEO	SERVICE TIMES
Karl Bremer Hospital	Mike Pienaar Blvd Bellville, 7530	021 918-1911		Dr L Naude	24 Hours

EASTERN SUB DISTRICT

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL	FAX	CONTACT PERSON	TIME
Somerset-West MLC	28 Kerk St. Somerset West 7130	(021) 8522131	(021) 852 0444		08:00-16:30
Kleinvelel CHC	C/O Albert Philander & Melbosstrand Kleinvelel, 7100	(021) 9004053 (021) 9041414	(021)911 4092	CPN L Ventura	
Kuilsriver MLC	Carinus St Kuilsriver	(021) 9001909		Vacant	At Reed Str CHC
Sarepta MLC	123 Rietvelel Rd Kuilsrivier, 7580	(021) 9001556	(021) 900 1908	Vacant	At Reed Str CHC
Mfuleni CHC	Church St. Mfuleni	(021)954-2235 (021)9092755/6	(021) 909 2942	SPN Lomax	
Macassar CHC	C/o Hospital & Musical Ave. Macassar 7130	(021) 8572330	(021)857 2251	Mr. D. Witbooi CPN S. Mathews	07:30-16:30
Strand / Boland CHC	Boland Bank Arcade 37 Main Rd Strand 7140	(021)853-3380	(021) 853 7057	SPN G. Hendricks	Mon\Tuesday 08:00-16:00
Gustrow CHC	Hassan Khan Ave Strand 7140	(021) 845-8383	(021) 845 8630	SPN G. Hendricks	Wed\Thurs 08:00-16:00
Gordonsbaai MLC	Sir Lowry's Road	(021)856-2135	(021)856 5424	SPN G. Hendricks	1 st Tuesday of month

DISTRICT HOSPITALS

NAME	ADDRESS	TEL.	FAX	CEO	SERVICE TIMES
Eersterivier Hospital	Humbolt Avenue Eersterivier	021 902-8000		Dr G. Perez	24 Hours
Helderberg Hospital	Lourensford Road, Somerset West, 7130	021- 851 1170		Dr E Erasmus	24 Hours

KHAYELITSHA SUB DISTRICT

PRIMARY HEALTH CARE SERVICES AND MENTAL HEALTH NURSES

NAME	ADDRESS	TEL	FAX	CEO	SERVICE TIMES
Nolungile CHC	Lawrence Rd Site C, Khayelitsha	(021) 3871107		Mr. B. Gongo	
Site B CHC	Lwandle Rd Site B Khayelitsha 7784	(021) 3613816 ext 226	(021) 361- 3322 (021) 361 0259	Mr. Mayaphi	24 Hours
Michael Mapongwana CHC	Steve Biko Rd. Harare Khayelitsha 7784	(021) 3613353	(021) 363- 2464	Sr. Sibidla Mr. Nlova	

DISTRICT HOSPITALS

NAME	ADDRESS	TEL	FAX	CEO	SERVICE TIMES
Khayelitsha Hospital	Khayelitsha			Dr A Karwa	24 Hours

RURAL DISTRICT MENTAL HEALTH SERVICES

CAPE WINELANDS DISTRICT

DISTRICT MENTAL HEALTH COORDINATION

Senior Clinical Psychologist	Leilanie Phillips-Losch Tel: 023 3488154 Fax: 023 3475211	Private Bag X3079 WORCESTER 6849
Assistant Manager: Facility Based Services	Roennell Balie Tel: 023 348 8100 Fax: 023 347 5211	Private Bag X3079 WORCESTER 6849

MENTAL HEALTH NURSES

SUBDISTRICT	MENTAL HEALTH NURSE	ADDRESS	AREA COVERED
Witzenberg Subdistrict	Sr. J.M. Abrahams 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 C. Martin 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 Pietersen Tel: 023 347 1954	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
Langeberg Sub District	Vacant Post Tel: (023) 615 1736	P/Bag X2 ASHTON 6715	Cogmanskloof, Zolani, Happy Valley Clinic, McGregor, Nkqubela, Bonnievale Clinic, Montagu, Bergsig

	Fax: (023) 615 1563		Clinic, Robertson PHC.
Langeberg Sub District	Tel: (023) 626 3155 Fax: (023) 626 1727	P/Bag X617 ROBERTSON 6705	Robertson District Hospital PHC
Langeberg Sub District	Tel: (023) 614 1660 Fax: (023) 614 2704	P/Bag X11 MONTAGU 6720	Montagu District hospital
Stellenbosch	Sr. C. Nothling 1 post vacant currently Tel: (021) 887 0310 Fax (021) 886 5216	Sub district Office Merriman Street Privaatsak X5027 STELLENBOSCH 7599	Stellenbosch Town, Franschoek, Kylemore, Stellenbosch Central, Khayamandi, Klappmuts, Cloetesville Clinic, Aan het pad, Jamestown
Drakenstein	Sr. E. Smith/Sr. P. Mahlakahlaka Sr. E. November Tel: (021) 877 6480 Fax: (021) 872 4841	TC Newman Private Bag X3012 PAARL 7620	TC Newman, Saron, Gouda Mbekweni , Wellington, Simondium

CLINICAL PSYCHOLOGISTS

SUBDISTRICT	PSYCHOLOGIST	ADDRESS	AREA COVERED
Cape Winelands District Office	Leilanie Phillips-Losch Tel: 023-348 8154	Private Bag X3079 WORCESTER 6849	Tulbagh, Wolseley, Worcester CDC, Empilisweni Clinic, Brewelskloof Hospital
Drakenstein Sub district	Ilse Beukes Tel: 021- 877 6518	TC Newman Private Bag X3012 PAARL 7620	Mbekweni, Wellington CDC, Saaron, Gouda, TC Newman
Stellenbosch Sub districts	Ms Joanne Eksteen Tel: 021 808 6156	Sub district Office Merriman Street Privaatsak X5027 STELLENBOSCH 7599	Franschoek, Kylemore, Kayamandi, Klappmuts, Cloetesville, Aan het pad, Jamestown Clinic
Brede Valley & Witzenberg Sub districts	Ms Sonia Raynardt Tel: 023-347 1954	Private Bag X3079 WORCESTER 6849	Rawsonville, De Doorns, Touwsriver, Nduli, Op die Berg, PA Hamlet, Bella Vista, Annie Brown clinics
Langeberg	Mr Ronald Davies Tel: 023 626 8500	P/Bag X617 ROBERTSON 6705	Bergsig, McGegregor, Nkqubela, Happy Valley, Montagu, Zolani & Kogmanskloof clinic

CAPE WINELANDS DISTRICT GROUP HOME

Centre	Address	Telephone	Fax	Contact Person	Other Information
Kerrith Retreat	Stellenbosch	Tel: 021-981 9850	Fax: 021-981 0039	Ms Anel Pienaar	55 stable psychiatric adult patients

WEST COAST DISTRICT

	CONTACT PERSON	ADDRESS	SERVICE AREA	OTHER INFORMATION
District office	Clinical Programme co-ordinator: Alta Davids	West Coast District office Tel.: 022 4879354 Fax to email: 0866260681		
Sub-district	Multidisciplinary team for Mental Health	Contact details and office	Service Area	
Swartland and part of Bergriver	Mental Health Nurse: LG Theron	Swartland Sub-district office	Swartland hospital, Malmesbury CDC Darling, Moorreesburg, Porterville, Riebeeck-West, Riebeeck Kasteel, (farms)	
	Occupational therapist	Tanja Cameron – 0224822729		
	Psychiatrist:	Dr C Prinsloo (Paarl hospital)		
	Clinical Psychologist	Carmen Theron Tel(022) 486 8000		
Saldanha Bay and part of Bergriver	Mental Health Nurse: L Smith	Vredenburg Hospital	Vredenburg, Saldanha, Diazville, St. Helenabaai, Stompneusbaai, Noordhoek, Velldrif, Aurora,	

			Hopefield, Langebaan, Piketberg en Vredenburg Hospital	
	Occupational therapist	Diandra Adams 022 -9131337		
	Psychiatrist:	Dr C Prinsloo at Paarl hospital		
	Clinical Psychologist	Marriette Fourie 0229131337		
Cederberg	Mental Health Nurse: HH De Lange	Matzikama Sub-district office 027-2132161	Vredendal north, Vredendal central, Klaver, Lutzville, Ebenaezer, Doornbaai. Koekenaap, van Rhynsdorp, Bitterfontein and Rietpoort	
	Occupational therapist	Tarryn Hamman (027) 428 1360		
	Psychiatrist:	Dr C Prinsloo at Paarl hospital		
	Clinical Psychologist	Desire Gurd (027) 4821360		
Matzikama	Mental Health Nurse: HH De Lange	Matzikama Sub-district office 027-2132161	Wupperthal, Graafwater, Lambertsbaai, (including farms) Citrusdal, Clanwilliam	
	Occupational therapist	Adele Ockhuiz 027 2134070		
	Psychiatrist:	Dr C Prinsloo at Paarl hospital		
	Clinical Psychologist	Cas van Zyl (sessional)		

WEST COAST SUPPORT GROUP

Name	Address	Telephone	Fax	Contact Person	Other Information
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Goedverwacht 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	Lynette Theron	For children between 8-12 years
Piketberg	Private Bag X15 MALMES-BURY 7300	022 487 9264	Fax: (022) 487 2927	Lynette Theron	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	Lynette Theron	Women's support group
Porterville	Porterville Clinic	022 487 9264	Fax: (022) 487 2927	Lynette Theron	Women's support group
Darling	Darling Clinic	Tel:022 487 9200		C Nothnagel	Teen pregnancy support group
Hopefield	Hopefield Clinic			Laura Smith	Socialisation Group
Louwville	Library Hall Louwville 7380	None	None	Laura Smith	Socialisation Group
Graafwater	Graafwater clinic Ceder street	027 4221309		Sr I Phi pson	Education, recreation and Socialization group

OVERBERG

DISTRICT MENTAL HEALTH COORDINATION

Deputy Director: Comprehensive health	Petro Robertson Tel: 028 214 5847 Fax: 028 2121524 Fax to email: 0867643547 Petro.Robertson@westerncape.gov.za	Overberg district office Private Bag X 7 CALEDON 7230
Assistant Manager: Facility Based Services	Etta Ludik Tel: 028 214 5851 Fax: 028 2121524 Aletta.Ludik@westerncape.gov.za	Overberg district office Private Bag X 7 CALEDON 7230

MENTAL HEALTH NURSES

SUBDISTRICT	MENTAL HEALTH NURSE	ADDRESS	AREA COVERED
Theewaterskloof Sub district	Sr. Pieter Kroutz Tel: (028) 2121070 Pieter.Kroutz@westerncape.gov.za	Caledon Hospital Private Bag x 25 CALEDON 7320	Grabouw CDC, Villiersdorp, Botriver, Genadendal, Greyton, Caledon, Riviersonderend
Caledon hospital	Nobody	Caledon Hospital Private Bag x 25 CALEDON 7320	Will send someone for training next year(2015) Caledon hospital
Overstrand Subdistrict	Sr Arendse Tel: (028) 315 5200 Fax: (028) 312 4006	Hermanus hospital Private bag x 2 HERMANUS 7200	Gansbaai, Stanford, Hermanus, Hawston, Kleinmond
Hermanus hospital	Nobody	Hermanus hospital Private bag x 2 HERMANUS 7200	Hermanus hospital
Swellendam/Cape Agulhas Sub District	Sr L Kortje Tel: 028 514 8450	Private Bag X7 SWELLENDAM 6740	Railton, Swellendam, Buffeljags, Suurbraak, Barrydale, Bredasdorp, Elim, Napier, Struisbaai, Waenhuiskrans
Swellendam Hospital	Leaticia Kortje Leaticia.Kortje@westerncape.gov.za Tel: 028 514 8450	Private Bag X7 SWELLENDAM 6740	Swellendam hospital
Otto Du Plessis hospital	Nobody	Private Bag x7	

		SWELLENDAM 6849	
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SUBDISTRICT	PSYCHOLOGIST	ADDRESS	AREA COVERED
Overberg District Office	Nobody	Overberg district office Private Bag X 7 CALEDON 7230	
Theewaterskloof Sub district	Nobody (no sessions)	Caledon Hospital Private Bag x 25 CALEDON 7320	Grabouw CDC, Villiersdorp, Botriver, Genadendal, Greyton, Caledon, Riviersonderend
Overstrand Subdistricts	Mr Marcellus Muthien Marcellus.Muthien@westerncape.gov.za Tel: (028) 315 5200 Fax: (028) 312 4006	Hermanus hospital Private bag x 2 HERMANUS 7200	Gansbaai, Stanford, Hermanus, Hawston, Kleinmond
Swellendam/Cape Agulhas Sub districts	35 hour sessions by private psychologist	Private Bag x7 SWELLENDAM 6740	Railton, Swellendam, Buffeljags, Suurbraak, Barrydale, Bredasdorp, Elim, Napier, Struisbaai, Waenhuiskrans
Overstrand and Theewaterskloof	Dr H Howell (pshyciatrist) 5 x 8 hr sessions per month Contact through Petro Robertson huhihowl@gmail.com	Overberg district office Private Bag X 7 CALEDON 7230	Overstrand: 2x 8 hour x per month (Gansbaai, Hermanus and Kleinmond) Theewaterskloof: 3 x 8 hours x per month (Grabouw CDC, Villiersdorp, Botriver, Genadendal, Greyton, Caledon, Riviersonderend)

OVERBERG DISTRICT GROUP HOME

Centre	Address	Telephone	Fax	Contact Person	Other Information
Agape	Agape Family Ministries P.O. Box 451, Grabouw 7160	Tel 021 859 189 7	Fax: E. Mail. agafam2@mweb.co.za	Mr. Gerrit Coetzee / Gideon Coetzee	Grabouw: Mental Health Facility 15 children
Elim Home	P.O.Box 19 Elim 7284	Tel 028 482 198 8	Fax: 028 4821648 elimhome@zsd.co.za	Lesinda Cunningham	50 children

EDEN DISTRICT

EDEN DISTRICT OFFICE

	NAME	CONTACT NR	E-MAIL ADDRESS	POSTAL ADDRESS
Psychiatrist	Dr L Boon	Tel: (044) 803 2700 Fax: (044) 874 5017	Berenice.Boon@westerncape.gov.za	Private Bag X6534 George 6530
Coordinator	Ms. Edith Swanevelder (Comprehensive Health) Ms. Ina Reynierse / Ms. Gerda Terblanche (FBS) /	Tel: (044) 803 2700 Fax: (044) 873 5929	Ina.Reynierse@westerncape.gov.za Gerda.Terblanche@westerncape.gov.za Edith.Swanevelder@westerncape.gov.za	Private Bag X6534 George 6530

MENTAL HEALTH NURSES DISTRICT HOSPITALS

SUBDISTRICT	DISTRICT HOSPITAL	MHN	TELEPHONE/FAX/E-MAIL	NURSING MANAGER	TELEPHONE/FAX/E-MAIL	POSTAL ADDRESS
Riversdal	Riversdal	L Schonken	Telephone: (028) 713 8666 Fax: (028) 713 2010 E-mail: Jonathea.Cupido@westerncape.gov.za	Jonathea Hazel Cupido	Telephone: (028) 713 8643 Fax: (028) 713 2010 E-mail: Jonathea.Cupido@westerncape.gov.za	Riversdale Hospital Private Bag X421 Riversdale 6670
Mossel Bay	Mossel Bay	I vd Veen	Telephone: (044) 604 6104 Fax: (044) 691 2001 E-mail: Jabulisile.Mahlangu@westerncape.gov.za	Jabulisile Mahlangu	Telephone: (044) 604 6104 Fax: (044) 691 2001 E-mail: Jabulisile.Mahlangu@westerncape.gov.za	Mossel Bay Hospital Private Bag X34 Mossel Bay 6500

Knysna	Knysna	ZP Teyise	Telephone: (044) 302 8432 Fax: (044) 382 3733 E-mail: not applicable (phoned hospital)	Gail Lloyd	Telephone: (044) 302 8440 Fax: (044) 382 3733 Email: Gail.Lloyd@westerncape.gov.za	Knysna Hospital Private Bag X015 Knysna 6570
Oudtshoorn	Oudtshoorn	A Killian / VN Campher	Telephone: (044) 203 7288 Fax: (044) 203 7215 E-mail: Anchen.Killian@westerncape.gov.za	Joan Konstabel	Telephone: (044) 203 7203 Fax: (044) 279 2757 E-mail: Joan.Konstabel@westerncape.gov.za	Oudtshoorn Hospital Private Bag X609 Oudtshoorn 6620
Kannaland	Alan Blyth	None (According to sister Sanet Labuschagne – the MH Nurse do not visit the hospital.)	Not applicable	Helen Human	Telephone: (028) 551 1010 Fax: (028) 551 1555 Email: Helen.Human@westerncape.gov.Z a	Alan Blyth Hospital Private Bag X214 Ladismith 6655

MENTAL HEALTH NURSES PRIMARY HEALTH CARE CLINIC CSGeorge	H Ficher	C Telephone: (044) 875 8070 (Fax: (044) 875 8904 Email: P Hettie.Fisher@westerncape.gov.za Telephone: (044) 878 2340 Fax: (044) 878 0795 Email: <u>Hettie.Fisher@westerncape.gov.za</u>	JC Stevenson	Telephone: (044) 803 9000 Fax: (044) 875 1174 Email: Joana.Stevenson@westerncape.gov.za	P/Bag X003 George Industria 6536
	J Maxhana	B Telephone: (044) 870 7780 Fax: (044) 870 7780 Email: G Jane.Maxhana@westerncape.gov.za T Telephone: (044) 873 0241 Fax: (044) 873 2750 Email: Jane.Maxhana@westerncape.gov.za Telephone: (044) 880 1181 Fax: (044) 880 1183 Email: <u>Jane.Maxhana@westerncape.gov.za</u>	JC Stevenson	Telephone: (044) 803 9000 Fax: (044) 875 1174 Email: Joana.Stevenson@westerncape.gov.za	P/Bag X003 George Industria 6536
Mossel Bay	D Keegan	A Telephone: (044) 604 6103 D Fax: (044) 691 2001 G E-mail: G <u>Maria.Manuel@westerncape.gov.za</u>	Maria Manuel	Telephone: (044) 604 6103 Fax: (044) 691 2001 E-mail: Maria.Manuel@westerncape.gov.za	P/Bag X34 Mossel Bay 6500

Hessequa	L Schonken	<p>Telephone: (028) 713 8666 Fax: (028) 713 2010 E-mail: Jonathea.Cupido@westerncape.gov.za</p>	Elizabeth Visser	<p>Telephone: (028) 713 8644 Fax: (028) 713 2010 E-mail: Elizabeth.Visser@westerncape.gov.za</p>	Private Bag X421 Riversdale 6670
Knysna/ Bitou	M Marcus	<p>Telephone: (044) 302 8400 Fax: (044) 382 3166 E-mail: Miranda.Marcus@westerncape.gov.za</p>	Melanie Marthinus	<p>Telephone: (044) 302 8400 Fax: (044) 382 3733 E-mail: Melanie.Marthinus@westerncape.gov.za</p>	Private Bag X015 Knysna 6570
	G Ntlangeni	<p>Telephone: (044) 302 8400 Fax: (044) 382 3166 E-mail: George.Ntlangeni@westerncape.gov.za</p>	Melanie Marthinus	<p>Telephone: (044) 302 8400 Fax: (044) 382 3733 E-mail: Melanie.Marthinus@westerncape.gov.za</p>	Private Bag X015 Knysna 6570
Kannaland	<p>Vacant Post (Mossel Bay MH Nurse Assist / once a month) Dr. Petrie (once in a quarter)</p>	Not applicable	Sanet Labuschagne	<p>Telephone: (028) 551 1010 Fax: E-mail: Sanet.Labuschagne@westerncape.gov.za</p>	Alan Blyth Hospital Private Bag X214 Ladismith 6655

Oudtshoorn	E Adams-Boois	Telephone: (044) 272 7682 Fax: (044) 203 7682 E-mail: Eliza.Adams-Boois@westerncape.gov.za	Joyce Matyhila	Telephone: (044) 203 7202 Fax: (044) 203 7317 E-mail: Joyce.Matyhila@westerncape.gov.za	Private Bag X609 Oudtshoorn 6620
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CENTRAL KAROO DISTRICT OFFICE

	NAME	CONTACT NR	E-MAIL ADDRESS	POSTAL ADDRESS
Psychiatrist	Dr L Boon	Tel: (044) 803 2700 Fax: (044) 874 5017	Berenice.Boon@westerncape.gov.za	Private Bag X6534 George 6530
Coordinator		Tel:		

**CENTRAL KAROO DISTRICT
MENTAL HEALTH NURSES PRIMARY HEALTH CARE CLINICS**

	MHN	CLINICS	TELEPHONE/FAX/E-MAIL	PHC MANA GER	TELEPHONE/FAX/E-MAIL	POSTAL ADRES S
BFW/ Laingsburg/ Prins Albert/ CKDMA	G Lekweni	BFW CHC Nelspoort Laingsburg Leeu Gamka OAH's	Telephone: (023) 414 8296 Fax: (023) 414 2003 E-mail: None	W Erasmus D Nortje	Telephone: (023) 414 8200 Telephone: (023) 414 3590 Fax: (023) 414 2466 Fax: (023) 414 3042 E-mail: Wilfred.Erasmus@westerncape.gov.za E-mail: Denise.Nortje@westerncape.gov.za	Private Bag X549 Beaufort West 6970
	S Powell	BFW CHC Merweville Murraysburg Prins Albert OAH's	Telephone: (023) 414 8296 Fax: (023) 414 2003 E-mail: Sharon.Powell@westerncape.gov.za	W Erasmus D Nortje	Telephone: (023) 414 8200 Telephone: (023) 414 3590 Fax: (023) 414 2466 Fax: (023) 414 3042 E-mail: Wilfred.Erasmus@westerncape.gov.za E-mail: Denise.Nortje@westerncape.gov.za	Private Bag X549 Beaufort West 6970

MENTAL HEALTH NURSES IN DISTRICT HOSPITALS – CENTRAL KAROO

SUBDISTRICT	DISTRICT HOSPITAL	MHN	TELEPHONE/FAX/E-MAIL	NURSING MANAGER	TELEPHONE/FAX/E-MAIL	POSTAL ADDRESS
Beaufort Wes	Beaufort Wes	W Makwena – Corbett	Telephone: (023) 414 8200 Fax: (023) 414 2466 E-mail: Winnyfriend.Makwena-Corbett@westerncape.gov.za	T Ntombana	Telephone: (023) 414 8200 Fax: (023) 414 2466 E-mail: Tshokolo.Ntombana@westerncape.gov.za	Private Bag X549 Beaufort West 6970

CENTRAL KAROO – DAY CENTRES

Sub District	Name of Home	Address	Phone	Fax	Contact Person	E-MAIL
Beaufort West	Masixole Day Care Centre	Bantom Street Beaufort West 6970	(023)415 1650	(023)	A van Straaten	apdbw1@polka.co.za

EDEN DISTRICT

DISTRICT/ FACILITY	CONTACT PERSON	POSTAL ADDRESS	TELEPHONE	FAX	E-MAIL

Eden/ Central Karoo MHP/ Regional Hospital	Dr. L Boon (Psychiatrist & MHP)	Eden DO P/Bag X6592 George 6530	(044) 802 4528	086 515 7919	Berenice.Boon@westerncape.gov.za
	Dr. O Scholtz (Psychiatrist)	George Hospital P/Bag X6534 George 6530	(044) 802 4569	(044) 874 1791	Olge.Scholtz@westerncape.gov.za
Eden	M Kitching (Psychologist)	Eden DO P/Bag X6592 George 6530	(044) 803 2700	086 614 5846	Mkitchin@pgwc.gov.za
Central Karoo	Vacant post (Psychologist)	P/B X549 Beaufort West 6970	(023) 414 8200	(023) 414 2466	
George Hospital	Sheetal Vallabh (Psychologist)	George Hospital P/Bag X6534 George 6530	(044) 802 4471	(044) 874 1791	Svallabh@pgwc.gov.za

EDEN / EDEN /CENTRAL KAROO – LICENCED HOMES

Sub District	Name of Home	Address	Phone	Fax	Contact Person	E-MAIL
George	Emmaus Centre for Physically/Mentally Challenged	PO Box 6 George 6530	(044) 8734 196	(044)	E Badenhorst (Supervisor)	
Knysna	Sanel Centre	PO Box 107 Knysna 6570	(044) 382 2155	(044)	V Paremoer	

Oudtshoorn	Eljada Centre for Adult Challenged	PO Box 21 Oudtshoorn 6620	(044) 279 1740	(044)	W Lemmer (Manager)	
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EDEN /CENTRAL KAROO - GROUP HOMES

Sub District	Name of Home	Address	Phone	Fax	Contact Person	E-MAIL
George	South Cape Community Care (Comcare)	56A Aspeling Street George 6529	(044) 803 2421	086 681 219 6	Charlotte Marais	

EDEN/ CENTRAL KAROO: PSYCHO-SOCIAL REHAB. GROUPS

SUB DISTRICT	Psycho-Social Group	Address		Contact Person	TELEPHONE/ FAX /E-MAIL

Hessaqua	Albertinia Group Heidelberg Group Riversdale Group	Riversdale Hospital Private Bag X421 Riversdale	Psycho-Social Group	L Schonken	Telephone: (028) 713 8666 Fax: (028) 713 2010 E-mail: Jonathea.Cupido@westerncape.gov.za
George	George Group Blanco Group		Albertinia Group Heidelberg Group Riversdale Group	J McKay	Telephone: Fax: E-mail
Knysna	Kranshoek Group Knysna Groups Thembaletu Group		George Group Blanco Group	M. Marcus G Ntlangeni (Thembaletu)	Telephone: Fax: E-mail
Mossel Bay	Mossel Bay/Alma Clinic Group	Mossel Bay Hospital Private Bag X34 Mossel Bay 6500	Kranshoek Group Knysna Groups Thembaletu Group	Mr D Keegan	Telephone: (044) 604 6103 Fax: (044) 6912001 E-mail: Maria.Manuel@westerncape.gov.za

Oudtshoorn	Bridgton Group		Mossel Bay/Alma Clinic Group	J Jooste	Telephone: Fax: E-mail:
Beaufort West	Central Karoo (BFW, Laingsburg, Prince Albert, Murraysburg, Merweville and Leeu – Gamka)	Community Day Care Centre 1 Van Schal kwyk Street Beaufort West 6970	BFW Group, Laingsburg group, Prince Albert Group, Murraysburg Group, Merweville Group, Leeu – Gamka Group	S Powell G Lekweni	Telephone: (023) 414 8296 Fax: (023) 414 2003 E-mail: Sharon.Powell@westerncape.gov.za

SUBSTANCE ABUSE RESOURCE LIST

NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
De Novo Treatment Centre	Old Paarl Road, Kraaifontein Tel; 021 988 1138 Fax: 021 988 0426 Ms C Fledermaus Cflederm@Westerncape.gov.za	Kraaifontein
Kensington Treatment Centre	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

Western Cape Youth Rehabilitation Centre	Old Faure Road, Eersterivier 7163 Ms S. Allie Tel: 021-843 3200 Fax: 021 843 3259 Shahieda@wcyouthrehab.co.za	Eersterivier
Hesketh King Treatment Centre	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
Ramot Treatment Centre	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
Toevlug Treatment Centre	40 Noble Street Riverview, Worcester Theresa Rossouw Tel: 023 342 1162 Fax: 0233473232 Email: trossouw@toevlug.org	Worcester
Tehillah Community Collaborative	196 16th Avenue, Leonsdale Elsies River Sr. Kleyn Tel:0219330990 Fax: 0865229264 Email: tehillahcc@polka.co.za	Elsies River
Namaqua Treatment Centre	Farm 1411 Olifants Nedersetting, Lutzville Mr. C. Van Zyl Tel: 072 2134502 Fax: 086 565 8211 Email:cwvanzyl@mweb.co.za	Lutzville

False Bay Therapeutic Community Centre	1 Second Avenue Fish Hoek Telefax: 021 782 6242 Reza Arieff Email: falsebaytc@telkomsa.net	Fish Hoek
Badisa Bellville	Marturia Centre 11 Pastorie Street Bellville Tel :021 957 7130 Fax: 021957 7131	Bellville
Stikland Opiate Detox Unit	De la Haye Avenue De la Haye, Bellville Tel: 021 940 4400 Fax: 021 940 4543 Email: lizew@sun.ac.za	Bellville
Sultan Bahu	Central Park Primary Juniper Street, Bonteheuwel Tel: 021 694 9874 Fax: 021 694 9634	Bonteheuwel
Hanover Park Sultan Bahu	Cnr Lonedown and Lansur Roads, Hanover Park Tel: 021 691 7782 Fax: 021 691 7900 E-mail: bahuct@yahoo.com	Hanover Park
Stellenbosch Hesketh King Treatment Centre	Cnr Old Paarl and Klipheuvel Road Muldersvlei, Stellenbosch Tel: 021 884 4600 Fax: 021 884 4602 E-mail: hking@mweb.co.za	Stellenbosch
Tafelsig Matrix Site	Tafelsig CHC, Kilimanjaro Street Tafelsig, Mitchells Plain Tel: 021 557 1065/556 7103	Mitchells Plain
Tableview Matrix Site	Tableview Clinic South Road, Table View Tel: 021 557 1065/556 7103	Table View

Delft South Matrix Site	Delft South CHC c/o Boyce Street and Delft main Road Delft South Tel: 021 955 9200	Delft South
Khayelitsha Matrix Site	C Block Stocks & Stocks Municipal Offices, Ntlakhohlaza Street, Town 2, Village 1, Khayelitsha, 7784 Tel: 021 360 1256 Cell: 073 884 5069	
Counselling Centre	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
Mitchell's Plain Sultan Bahu Centre	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
The Mudita Foundation	Vanguard Road Tuscany Glen High School, Eesteriver Cell: 084 857 0450 Fax: 074 292 1244 Email: themuditafoundation@gmail.com	Eesteriver
Observatory Cape Town Drug Counselling Centre	1 Roman Street Observatory Tel: 021 447 8026 Fax: 021 447 8818 E-mail: ctdcc@iafrica.com	Observatory
Ramot Centre for alcohol and drug addiction	54 Toner Street, Parow East 7500 Tel: 021 939 2033 Fax: 021 930 3123 E-mail: admin@ramot.co.za	Parow

Somerset West Helderberg CARES	40 St. James Street Somerset West Tel: 021 850 0792 Fax: 088 021 852 6065 E-mail: cares@smart-sa.org		
SUPPORT AND ADVICE CAN ALSO BE SOUGHT AT SANCA REGIONAL OFFICES			
BELLVILLE	Dr. D. Fourie	021-945 4080/1	021-945 4082
ATHLONE & GUGULETHU OFFICE	Mrs. V Mvumvu	021-638 5119	021-637 2832
ATLANTIS OFFICE	Mrs. M Alexander	021-572 7461	021-572 8743
KHAYELITSHA OFFICE	Mr. N Mnoneleli	021-364 6131	021-364 5510
MITCHELL'S PLAIN OFFICE	Ms. N Kwalié	021-397 2196	021-397 4617
PAARL OFFICE	Mrs. A Ackermann	021-872 9671	021-872 5050
TYGERBERG OFFICE	Mrs. F Cornelissen	021-945 2099	021-945 2098
NAME	ADDRESS	TEL. No.	FAX NO.
1. RESEARCH			
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@eagle. 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
2. YOUTH GROUPS			
Al-Anon and Alateen	Unit B5, N1 City Mews, C/O Frans Conradie & Manus Gerber street, Goodwood 7460	(021)595 4517	(021) 592 3962
3. SUPPORT/AFTER-CARE GROUPS			
3.1 ALCOHOLICS ANONYMOUS (AA)			
3.2 Alcohol Victorious	PO Box 36299 Glosderry Kenilworth	(021) 797 1270	(021) 762 4235
3.3 AL-ANON AND ALATEEN			

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
<p>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</p>			
<p>Western Cape Ashton, Atlantis, Barrydale, Beaufort West, Blackheath, Brandvlei, Bredasdorp, Caledon, Citrusdal, Clanwilliam, Darling, De Rust, Dysselsdorp, Eendekuil, Eerste River, Elsies River, Franschhoek, Gans Bay, George, George Industria, Grabouw, Great Brak River, Hermon, Hopefield Huguenot, Keimoes, Kensington, Klawer, 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.</p>			
3.7 TELEFRIEND			
Friend in need	(021) 930 1122	(021) 930 1122	
3.8 ALCOHOL SAFETY-SCHOOL			
Alcohol Safety School	Private Bag X 131 CAPE TOWN, 800	(021) 424 6020	(021) 423 8381

7. DETOXIFICATION SERVICES			
NAME	ADDRESS	TEL. No.	FAX NO.
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
Khayelitsha District Hospital	Private Bag X 6 C/O Walter Sisulu & Steve Biko Road 7787	(021)360-4200	
Mitchell's Plain Hospital	Private Bag X 9 AZ Berman Road,	021 377-4301	

8. OTHER STAKEHOLDERS

NAME	ADDRESS	TEL. No.	FAX NO.
Narconon Drug Education	P.O. Box 247 PAARDEN EILAND 7420	(021) 511 3496	

SANAB (S.A Narcotic Bureau)	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

PRIVATE TREATMENT CENTRES		
NAME OF TREATMENT CENTRE	PHYSICAL ADDRESS /CONTACT DETAILS	AREA
Tharagay House	15A Gibson Road Kenilworth, 7708 Tel: 021 762 2425 Fax: 086 612 1146 Dion Vessels dion@tharagayhouse.co.za	Kenilworth
Serendipity House	6 - 8 Dironshine Street Woodstock, 7925 021 448 8025 Steven Thomson Steven@harmonyainic.co.za	Woodstock
Hope Again Recovery Home	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	
Stepping Stones	Cnr. Main & Van Imhoff Road Kommetjie, 7975 Tel: 021 783 4230 Fax: 0217831816 Carry Bekker Email: carryb@steppingstones.co.za	Kommetjie

Kenilworth Clinic	32 Kenilworth Street Kenilworth Tel 021 7634501 Fax: 021 7634558 Deidre Greling info@kenilworthclinic.co.za	Kenilworth
Crescent Clinic	269 Main Road Claremont 7708 Mr. Z. Finkelstein Tel: 021 762 7666 Fax: 0217627669 Email: Zandre@netactive.co.za	Claremont

INTELLECTUAL DISABILITY SPECIAL CARE CENTRES AND LICENSED HOMES FOR CHILDREN AND ADULTS WITH SEVERE AND PROFOUND INTELLECTUAL AND PHYSICAL DISABILITIES: WESTERN CAPE				
SPECIAL CARE CENTRE	ADDRESS	TELEPH ONE	FAX	CONTACT PERSON
ACVV Playgroup for Handicapped Children	44 Truter Street, Robertson Postal Address: P.O.Box 210, Robertson	023 626 3097	023 626 3098	Elmarie de Lange robacvv@lando.co.za
Agape 4 Children's Home School for Children with Special Needs	70 Eva Street, Grabouw (Dennekruin) P.O.Box 451, Grabouw	021 859 5722		Gerrit Coetzee/ Gideon agafam@mweb.co.za Cell Phone: 082 574 4848
Anima Children's Therapy Centre	Berg Street, Sandbaai, Hermanus P.O.Box 2202, Hermanus, 7200	Cell Phone: 078 873 1125		Jenni Coetzer ronel@animakids.co.za ; adrebezuidenhout@gmail.com
ASD Sean Kelly Day Care Centre	Waterloo Street, Worcester P.O.Box 1170, Worcester	023 342 7939	023 342 7933	Nicolette Labuschagne asd@mweb.co.za
Autism Connect	35 Stallion Way, Westridge, Mitchells Plain	021 391 0489		Nicolette Ripepi 079 226 0063 info@autismconnect.org.za

Balula Home Based Care and Craft Centre	GG45 Squater Camp, Fisantekraal, Durbanville			Cynthia Wondo/ Anthony Cell Phone: 074 509 0392 ntoshwondo@gmail.com
Bizweni Centre for Disabled Children	Bizweni Campus, Bizweni Avenue, Somerset West	021 851 6645	021 851 6648	Vicky Heinrichsen 081335 7724 bizwenicentre@telkomsa.net
Caring and Sharing_ (Touwsriver Breede Valley APD)				Lazelle prins wapd@telkomsa.net ; lazelle@telkomsa.net
Cenida	Old Paardevlei Road, Somerset West P.O.Box 1700, Somerset West, 7129	(021) 852 3527	021 852 9327	Mignon Leitch 083 508 3980 wcreception@cotlands.org ; cenida.world@gmail.com
De Heide Special Care Centre	No. 11, 2 nd Ave, Claremont P O Box 2384, Clareinch, 7740	(021) 683 5470	021 683 5524	Fatima Shaboodien deheidecentre@telkomsa.net
Die Sterreweg	2195 Keurbooms road, New Horizon, Plettenberg Bay, 6600 P.O.Box 2086, Plettenberg Bay, 6600	(044) 53 3 2639	044 533 2639	Lindelwa Mnweba diesterreweg@gmail.com ; lindelwa.mnweba@gmail.com
Elim Day Care Centre Gansbaai	Nuwe Street, Elim P.O.Box 19, Elim, 7284	028 482 1988	028 482 1648 / 028 482 1948	Sister Cunningham elimhome@zsd.co.za ; elimhome@worldonline.co.za
Elundini Centre	2 Siyabonga Street, Du Noon, Milnerton 7441	021 556 2404		Indy Kawana 083 987 6434 indykawana@telkomsa.net
Emmanuel Day Care Centre	C/o Canara Crescent & Nottingham Street, Sherwood Park, Atlantis, 7749 P.O.Box 1504, Dassenberg, 7284	021 572 0976	021 572 0976	Marie Petersen 082 745 0782 emmdaycare@telkomsa.net

Erika Special Care Centre (Cape Mental Health)	Cnr Canary & Spreu Streets, Rocklands, Mitchells Plain	(021) 39 2 9147	021 392 9147	Faith Jones Liza@cmh.org.za Special Education & Care Centre Manager: Liza (082 448 0352)
Friends Day Centre	Alexandra Hospital, Annex Road, Maitland P O Box 229, Maitland, 7405	(021) 511 5801	021 5113756	Diane Stratton principal@friendsdaycentre.org.za ; admin@friendsdaycentre.org.za ; info@friendsdaycarecentre.org.za
Gabriella Centre	4 Helderberg Road, Somerset West	(021) 85 2 9827	021 855 5846	Natalie Del Fabbro 083 287 6262 gabriellacentre@yebo.co.za
Heideveld Special Care Centre (Cape Mental Health)	Cnr Zuurberg and Gardener Streets, Heideveld CMHS Private Bag X7, Observatory, 7935	(021) 63 7 7463	021 637 8532	Joyce Sithole Special Education & Care Centre Manager: Liza (082 448 0352) liza@cmh.org.za
Ithemba	Green Park, Blackheath (Informal Settlement)	(021) 36 1 7375		Patience Peterson 078 259 4425
Imizamo Yethu (Cape Mental Health)	A401 Zodiac Street, Khayelitsha, 7784	(021) 36 1 1476	021 361 1476	Olwetha Mzolisa Special Education & Care Centre Manager: Liza (082 448 0352) liza@cmh.org.za
Jo-Dolphin Swartland APD	7 Koker Street, Malmesbury P.O.Box 321, Malmesbury 7300	022 486 4186	086 751 0021	Anita Adams jodolphinmbury@telkomsa.net
Joy Special Care Centre	14 & 16 Dassenberg Street, Tafelsig, Mitchells Plain Postal Address: 55 Marrianna Crescent, Morgenster, Mitchells Plain, 7785	(021) 39 7 4080	021 397 4081	Alvira Payne/Nicky joy.special.educare.centre@gmail.com ; alvirah.payne@viaafrika.com
Lonwabo Day Care	8 Mvindini Way, Garden City, Mfuleni			Thandeka 076 683 5295 thandekamafila@gmail.com

Masinedane Care Centre (Special Care and Residential)	Physical Address: 17 Makateng Street, KTC, Nyanga Postal Address: 44 Weliwe Dakuse Street, KTC, Gugulethu, 7750			Nancy Rwexana 073 322 6853 masinedane.specialcarehome@gmail.com
Masixole (Beaufort West APD)	Physical Address: Bantom Street, Beaufort West Postal Address: P.O.Box 58, Beaufort West, 6970	023 415 1650	023 414 3046	Mrs. Jordaan apd@polka.co.za
Nomaxabiso	9662 Mbabala Close, Lower Crossroads, Philippi East, 7784			Nobuhle Mfengu 078 188 1676 nomaxabisodaycarecentre@gmail.com
NORSA (ECD)				Monica 0720371974
Oasis Day Centre Delft	27 Pokkiedoring Crescent, Rosendal, 9720	021 956 5519		Felicity September daycentres@oasis.org.za
Oasis Day Centre	Cnr. Northway and Christian Street, Ravensmead, 7490	021 932 6541/2	021 932 6566	Felicity September daycentres@oasis.org.za
Onikwe Group	Revival Church, Antonio Street, Diazville, Saldanha	022 714 4579		Trudie 084 913 1742 westcoastapd@telkomsa.net
Optima (George APD)	Physical Address: Olympic Drive, Pacaltsdorp, George Postal Address: P.O.Box 1070, George, 6530	044 878 0063	044 878 1937	Madelie Fouche 072 612 2983 socialwork1@apdgeorge.co.za ; Madelie@wcapd.org.za
Paarl Stimulation Centre	Physical Address: 63 Joepat Street, Huguenot, Paarl, 7645 Postal Address: P.O. Box 61, Huguenot, 7645	021 862 7113	021 862 7113	Anthea Francke paarlstim@telkomsa.net
Pikanini (Siyabonga Care Village)	P.O.Box 143, Vredenburg	0227135 730		Sister Du Plessis pikaniniecd@gmail.com
Play on Wheels	1 Ndabeni Street, St Francis, Langa	021 694 1111		Hazel Gocini 072 808 0465 info@project-playground.org

Reenboog Spesiale Dagsorg Sentrum	R4 Bultweg, Vredendal P.O. Box 752, Vredendal, 8160	027 213 5764	027 213 1102	Zanli Van Wyk olifantsrvlg@kingsley.co.za
Rise and Shine Day Care Centre	Physical Address: Worcester APD, Grey Street, Worcester Postal Address: P. O. Box 878, Worcester, 6849	023 347 2002	023 347 2178	Susan Baird apdw@polka.co.za
Sherwood Park Day Care Centre	Physical Address: 50 1 st Ave, Sherwood Park Postal Address: P. O. Box 24179, Lansdowne, 7780	021 692 3700	086 245 2741	Mrs. Benjamin; Mathilda info@sherwoodpark.org.za
Sibongile Centre's	33 Nonkxwe Street, Phakamisa, Khayelitsha 36 Nompevane Crescent, Ilitha Park, Khayelitsha 82 Nyarili Street, Ilitha Park, Khayelitsha	021 829 6629		Nomasango Xabanisa 082 347 8506/082 347 8306/082 795 8077 info@sibongile.org ; therapy@sibongile.org
Sinethemba Special Care Centre	Physical Address: 4 Pokela Road, Masiphumelele Postal Address: P.O.Box 48175, Kommetjie, 7976	021 785 7398	021 785 5389	Catherine principal05@telkomsa.net
Sinethemba Special Care, Khayelitsha	Physical Address: 5 Klipfontein Rd, Old Crossroads Postal Address: Private Bag X2, Cape Town International Airport, 7525	021 388 5507	086 2245 079	Thombekaya Qamata/Dalene de Jager/Bulelwa sobambisana@gmail.com ; sobambisana@telkomsa.net
Siyazama	Vukuhambe Multi-purpose Centre, NY 32, Gugulethu	021 633 4971		Theodora Mamputa Cell Phone: 072 509 3187 (Theodora) 073 835 8971 (Faith) nfcmrubata@gmail.com

Sonskyn (Oudtschoorn APD)		044 272 0683		carin@apdoudtschoorn.co.za
Sterretjies	Physical Address: 76 Park Street, Citrusdal Postal Address: P.O.Box 188, Citrusdal, 7340	022 921 3569	022 921 3569	Celia Bezuidenhout 084 968 0964 citrusdalhbc@telkomsa.net
Sunrise Special Care Centre	Physical Address: 3 Chadwin Street, Heathfield Postal Address: Private Bag X7, Observatory	021 712 1445	021 712 1445	Shireen Horswell sunrisespecialcare@telkomsa.net
Unakho Centre for the Differently Abled	24 Sesixhenxe Road, Kayamandi, Stellenbosch			Cynthia Memani 082 753 1811
Vukani	Physical Address: M489, Site B, Khayelitsha, 7784 Postal Address: P.O.Box 31, Nonkqubela, 7739	073 060 1164		Lindelwa Madikane lindelwamadikane@gmail.com
Vukuhambe Day Care Centre	Physical Address: 3 Mazula Street, Zweletemba, Worcester, 6850 Postal Address: P.O.Box 313, Worcester	023 345 1072	023 345 1072	Eileen Mdyada/Linda vukuhambe@telkomsa.net
Wilge Special Care	Physical Address: Reygersdal Avenue, Wesfleur, Atlantis, 7349 Postal Address: P. O. Box 1461, Dassenberg, 7350	021 572 8490/1	021 572 8419	Veronica Persence wilge@orionorganisation.co.za

Yomelelani Special Care	Physical Address: 2299 Nomaweni Street, Village 3, Phillipi, 7785	021 374 1317/ 073 809 7978 / 083 295 6854		Busiwe Phendu
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LICENSED HOMES/24 HOUR CARE FACILITY

LICENSED HOME	ADDRESS	TELEPHONE	FAX	CONTACT PERSON
Agape Children's Ministries	Physical Address: 70 Eva Street, Grabouw (Dennekruin) Postal Address: P.O.Box 451, Grabouw	021 859 5722	082 574 4848	Gerrit Coetzee/ Gideon agafam@mweb.co.za
ASD Sean Kelly Group Home	Physical Address: 119 Tulbagh Street, Worcester Postal Address: P.O.Box 1170, Worcester	023 342 7939	023 342 7933	Nicolette Labuschagne asd@mweb.co.za
Bambo Childrens Home	Physical Address: 31 Myezo Drive, Luzuko Park, Phillipi East	021 387 0443	073 493 3136	Thandiwe Figlan thandiFiglan@gmail.com
Eilandhuis	Boventrek Street, St.Helena Bay	022 742 1048		May Ball dieeilandhis01@gmail.com
Elim Home	Physical Address: Nuwe Street, Elim Postal Address: P.O.Box 19, Elim, 7284	028 482 1988	028 482 1648 / 028 482 1948	Sister Cunningham elimhome@zsd.co.za ; elimhome@worldonline.co.za

Gabriella Centre (Special Care and Residential)	4 Helderberg Road, Somerset West	021 852 9827	021 855 5846	Natalie Del Fabbro 083 287 6262 gabriellacentre@yebo.co.za
Iqhayiya Care and Support House	83 Danster Crescent, Site B, Khayelitsha	021 360 8011		Nosiseko Phaqa 073 479 4644 nosisekophaga@gmail.com
Khuti's Day Care	Physical Address: S Section c/o Sizami & Mongezi Street, Khayelitsha Postal Address: A69 Zodiac Street, Kulani Park, Khayelitsha			Khutala Mtyali/Patience Njajula 073 201 1883 (Khutala) 078 180 0537 (Patience) khutis.hcd@gmail.com
Little Angels	38 Helderzicht Road, Somerset West	021 851 0908		Sune Coetzee 082 831 5476 angelssune@wol.co.za
Masinedane Care Centre	Physical Address: 17 Makateng Street, KTC, Nyanga Postal Address: 44 Weliwe Dakuse Street, KTC, Gugulethu, 7750			Nancy Rwexana 073 322 6853 masinedane.specialcarehome@gmail.com
Ncedeluntu Sanctuary Trust	Physical Address: 678 Nxolisi Street, Nomzamo, Strand (Day care centre) Cnr. Solomon & Zulu Drive, Asanda, Nomzamo, Strand (Residential Facility) Postal Address: 19633 Benox Street, Nomzamo, Strand	021 851 3589	021 851 3589	Maureen Lumka 082 437 8998 mamalumka@telkomsa.net

Sibongile Centre's	Physical Address: 33 Nonkxwe Street, Phakamisa, Khayelitsha 36 Nompevane Crescent, Ilitha Park, Khayelitsha 82 Nyarili Street, Ilitha Park, Khayelitsha	021 829 6629		Nomasango Xabanisa Cell Phone: 082 347 8506/082 347 8306/082 795 8077 Email: info@sibongile.org ; therapy@sibongile.org
Sive Nathi	59 Robert Street, Gaylee, Blackheath, 7581	021 905 6048	021 905 6048	Lorraine 073 461 8461 or 083 613 6401 sivenathi@mwebbiz.co.za
Sivuyile (Ward 16 & 17, Stikland Hospital)	Stikland Hospital, De la Hay, Bellville, 7530	021 919 2292		Dr Willem du Toit willem.sivuyile@gmail.com
Woodside Sanctuary	Physical Address: Lawson Road, Rondebosch East Postal Address: PO Box 23225, Claremont, 7735	021 696 2811	021 697 1596	Cathy Levendall info@woodside.org.za ; cathy@woodside.org.za

METRO - PSYCHOSOCIAL REHAB GROUPS

PSYCHO-SOCIAL GROUP	VENUE	TELEPHONE	FAX	CONTACT PERSON	OTHER INFORMATION
Abri PSG	151 Lower Main Road Observatory 7925	(021)448 3886	(021)448 3886	Ms.L.Walters	
Athlone PSG	Athlone Library Dobson Road Athlone	(021)447-7409	(021)448-8475	Faldelah	Wed: 09:00-11:00

Bishop Lavis PSG	Bishop Lavis CHC, Lavis Drive			Zanele	Tues. 13:30 – 15:00
CCAB	22 Ivy Street Obsevatory	(021)447 9040	(021)448 8475	Rene Minnies	
Delft PSG	Delft CHC	(021)954 2235/7	(021)954 1207	Mac Helm & Fredrick	Tuesday-Belhar CHC CGhc(Fredrick) Monday-Fridar(Mac Helm)
Elsies River CHC PSG	Cnr. Halt&29 th Ave Elsie River	(021) 931 0200		Faldelah	Mon. 13:00-15:30
Fountain House PSG	227 & 233 Lower Main Rd Observatory7925	(021)447-8066	(021) 4470319		Daily - weekdays
Goodwood PSG	The Library Hall, Goodwood	(021)447 9040	(021)448 8475	Annalie	Thurs, 10h00-12h00
Grassy Park PSG	Fishers Haven Victoria Road; Grassy Park 7941	(021)447-9040	(021)448 8475	Zanele	Thu 10:00-12:00 Opp bus terminus
Guguletu PSG	Ethembeni Centre: NY 111 Guguletu	(021)447-9040	(021)448 8475		Tue: 10:30 - 12 :00
Hanover Park	9 Hanlyn Walk	(021)692 1240	(021)692 3921		Wed. 12:00 – 14:00
Heideveldt PSG	Heideveldt CHC	(021)447 9040	(021)448 8475	Zanele	Tues.08:00- 10:00
Kensington PSG	Shawco, 12 th Ave, Kensington	(021)447 9040	(021)448 8475	Faldelah	Tues. 08:00 – 10:00
Khayelitsha PSG	Micheal M CHC, Steve Biko Rd	(021)447 9040	(021)448 8475	Zanele	Thurs. 09:00 – 11:00
Khayelitsha PSG	Site B CHC, Lwandle Rd, Khayelitsha	(021)447 9040	(021)448 8475	Zanele	Thurs 10:00 – 12:00
Khayelitsha PSG	Nolungile CHC Khayelitsha	(021)447 9040	(021)448 8475	Zanele	Thurs13:30 – 15:30

Kraaifontein PSG	Eikendal Library	(021)447 9040	(021)448 8475	Faldelah	Tues. 13:00-15:00
Lentegeur PSG	Lentegeur Library Merrydale Road; Lentegeur	(021)447 9040	(021)448 8475	Faldelah	Tues.10:00-12:00
Macassar PSG	Macassar Library 10 Punt Rd	(021)954 2237	(021) 954 1207		Tue 10:30-13:00
Maitland PSG	CHC, 3 Norfolk Street; Maitland	(021)447 9040	(021)448 8475	Faldelah/Fillander	Wed. 10:00-12:00
Mfuleni PSG	Mfuleni Library, Church Street	(021)447 9040	(021)448 8475	Zanele	Mon.10:00-12:00
Mannenbergs PSG	Mannenbergs Peoples Centre; 2A Scheldt Road; Mannenbergs,7764	(021)447 9040	(021)448 8475	Kulthum	Tues. 12:30-14:30
Observatory PSG	22 Ivy Street, Observatory	(021)447 9040	(021)448 8475	Annalie	Wed 9:30 – 11:30
Philippi PSG	Cross Roads Library, Landsdown Rd, Philippi	(021)447 9040	(021)448 8475	Zanele	Mon. 10:30- 12:30
Retreat PSG	Retreat Night Shelter, 10 th Ave, Retreat	(021)447 9040	(021)448 8475	Zanele	Wed. 13:30 – 15:30
Ravensmead PSG	Multi purpose Centre,Christian Street, Ravensmead	(021)447 9040	(021)448 8475	Faldela	Tues 10:00 – 12:00
Somerset West PSG	Counsel Chambers,C/O Victoria and Andries Str.	(021) 447 9040	(021)448 8475	Zanele	Tues. 13:00 – 15:00
Strandfontein PSG	Strandfontein Library, Welgelegen Road, Strandfontein	(021)447 9040	(021)448 8475	Faldelah	Tues.14:30-16:30 Once/month
Stikland Hospital	OPD	(021)940 4488 (021)940 4991/4488	(021)910 3508 (021) 910 3508		Fortnightly, support for people living with Schizophrenia, Stress & Anxiety management

Tafelsig PSG	Tafelsig Library, Kilomanjaro Rd, Tafelsig	(021)447 9040	(021)448 8475	Faldelah	08:30 – 10:30
Woodstock PSG	C/O Russel Str, Selkirk Str, Woodstock	(021)447 9040	(021)448 8475	Annalie	Mon: 11:00-13:00
Way of Life (after hours)	233 Lower Main Road Observatory	(021)447 9040	(021)448 8475	Zanele	Once a month, Saturday
Westridge PSG	Westridge Library, Simonsig Rd, Westridge	(021)361 3353 (021)361 5978		Faldelah	Thurs 14:30 – 16:30

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. Mornay Johnson	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 Place of Safety	Acting Falding Hendricks	Tel: (021) 865 2634 Fax: (021) 865 2635	Elsenburg Road KOELENHOF 7605	PO Box 83 KOELENHOF 7605
Rosendale House	Mrs Shahieda Allie	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.Tolobisa	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 th & 16 th Ave ELSIES RIVER 7490	Private Bag X3 ELSIES RIVER 7490
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COMMUNITY SERVICES

HELPLINE	ADDRESS	TELEPHONE	FAX	ADDITIONAL INFO
AIDS LINE	P.O. Box 32201, Brandfontein, 2017	0800 01 2322 (011) 715 2000	011) 715 2001	
Childline		(021) 461 1114 0800 05 5555		
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	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
Life Line 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 AND FAMILY				
FAMSA	No 9 Bowden Road, Observatory, 7925 famsawc@new.co.za	(021) 447 7951 (021) 447 0170 - Appointments	(021) 447 0174	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 admin@mosaic-sa.co.	(021) 761 7585	(021) 761 7584	Heal and empower woman and youth against 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 counselling service for women who have been abused; community education regarding domestic violence and training of counsellors
Rape Crisis	PO Box 46, Observatory, 7935. No. 23 Trill Road, Observatory, 7925	(021) 447 1467 – Info. (021) 447 9762 - Counselling	(021) 447 5458	Provide one-on-one counselling for survivors of rape, as well as training and public awareness regarding rape. A 24-hour emergency telephone counselling 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).
MENTAL ILLNESS				
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 Health Information Centre	Department of Psychiatry, University of Stellenbosch Medical School PO Box 19063, Tygerberg 7505	(021) 938 9229 mhic@gerga.sun.ac.za	(021) 933 5790	Offers information and guidance regarding mental health concerns and resources. A nation-wide telephone referral service is also provided.
SUPPORT GROUPS FOR MENTAL ILLNESS				
Anxiety Disorder 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
Depression and Anxiety Disorder Support group	PO Box 652548, Benmore, 2010	(011) 783 1474/76 or (011) 884 1797	(011) 884 7074	National support that can provide contact details for local support groups

REACH OUT	PO Box 16578, Vlaeberg, 8018	088 120 4136		Support group for families living with depression but no crisis admission.
Cape Support for Mental Health	Nursing Admin. Block, 1 st Floor, Valkenberg Hospital, 7925. PO Box 236, Rondebosch, 7700	(021) 448 0760	(021) 448 0761	Supporting families living with Schizophrenia or Bipolar disorder.
Support group for Obsessive Compulsive Disorder	3 Sun Hue Gardens, McKnley Road, Kenilworth 7708	(021) 671 2519		Every 2 nd Sunday of each month at 16H00. cgird@absamail.co.za
WESTERN CAPE BIPOLAR ASSOCIATION		082 855 3180		bipolar@jaywalk.com 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, Grootte 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	082 882 0072	Support to women who have suffered from PND.
Pregnancy Helpline 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	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.
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 (University of Stellenbosch)		(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				
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
THE BIG ISSUE	37 Sir Lowry Road, Woodstock	(021) 461 6690	(021) 461 6662	Help with school placement, fees and uniforms as well as accommodation, food vouchers and cooking utensils. Refer for legal Aid and Adult Education.
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.