

Free External Service Providers

Type of Service	Service Provider	Contact Details	Area
Counseling (For emotional support and suicidal ideation)	Lifeline- Free online or face to face counselling- open 9AM-10 PM 365 days a year.	021 461 1111 Whatsapp Call 063 709 2620 Website: https://lifelinewc.org.za/	All
Day Clinic (For serious suicidal ideation- ask to see a doctor to be referred to a psychiatrist)			
Victim Empowerment/ Support			
Parent support: positive parenting workshops, one-on-one counselling and ongoing support circles, so that parents – and their loved ones – can thrive.	Life Choices	https://lifechoices.co.za/	Lansdowne and various schools and communities in Cape Town
Parent support - counselling and workshops	The Parent Centre	0216719142	
Support to woman who suffered post natal depression	Post-natal depression support association	0217615245	
Support for families of people with Schizophrenia or bipolar disorder	Cape Support for mental health	0214480760	
Depression and Anxiety	SADAG (South African Depression and Anxiety Group)	Suicide Crisis Helpline 0800 456 789 CIPLA Mental Health Helpline 0800 456 789 Substance Abuse	All

		<p>Helpline 0800 12 13 14</p> <p>Whatsapp Chat line 076 163 2030</p> <p>SMS 31393</p> <p>Website: SADAG</p>	
Free pregnancy tests and counselling	Pregnancy help centre	021 797 5000	
Legal and psychosocial support services for survivors of Intimate Partner Violence	MOSAIC Training, Service and Healing Center	<p>Website: https://mosaic.org.za/programmes/access-to-justice/ tel:021-761-7585</p> <p>We offer support services and advise to abused women about practicalities of obtaining protection orders and accessing counselling.</p>	Wynberg
24 hour Emergency Shelter for women and their children experiencing domestic and/or sexual violence.	Saartjie Baartman Center	021 633 5287	Manenberg
24 hour crisis centre for adult females who had been sexually assaulted or raped	Rape Crisis Helderberg	0218504761	Helderberg area (situated at back of HH hospital)
Shelter for the homeless	Die Ark	0218433927	
Provincial mental health service hospital	Stikland Hospital/ lentegeur hospital	021 940 4400/ 021 370 1111	
Alcohol and drug rehabilitation	De Novo	0219881138	

Counselling for individuals, couples and families	FAMSA	0214617360	
Child sexual abuse	PATCH	0218526110	Only in the Helderberg
Home based care	Masisindane	021 854 6303	