

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
SOUTH AFRICA			
Alberton	<p>Support Line 011-869-5856 Amcare's Hanna House is a victim empowerment centre which can accommodate 10 to 12 women and their children who have been subjected to domestic violence. Offering legal advice, general support, assistance with find employment, assistance with schooling for children.</p>	<p>Hanna House - Amcare 15 Heidelberg Road Newmarket Park Alberton 011-869-5856 Office / Support www.facebook.com/AmcareAlberton/</p>	<p>www.amcare.org.za amcare@amcare.org.za</p>
Alexandra Township	<p>Counselling 27-11-440-4047 Based in Alexandra Township our organization is particularly concerned with women that are affected by domestic abuse and violence in the home. Adapt Services include: Crisis counselling for survivors and perpetrators of gender based violence. Individual and group support to survivors of Physical, Sexual and Psychological abuse.</p>	<p>ADAPT The Brown House Alexandra Community Health Ctr No 33 Arkwright Avenue Wynberg 2019 27-11-440-4047 Office / Advice</p>	<p>adapt@worldonline.co.za</p>
Alexandra	<p>Crisis Line 011-443-3555 Lifeline provides counselling and connects with people, giving them the tools they need to better handle stress. Our Victim Empowerment programme is based in Soweto and the Johannesburg inner city. We manage 17 centres all attached to police stations. We support victims of rape and domestic violence and recognize child abuse and trafficking intervening and recommending the appropriate services to best serve the child. Covering the whole of Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani & Moroka. The whole of Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.</p>	<p>LIFELINE St Michael's Church 8th Avenue Alexandra 2014 011-443-3555 Office / Helpline Contact email address</p>	<p>lifeline@lifelinejhb.org.za</p>
Assagay West Durban	<p>Helpline 082-787-6452 24 Hours The CareLine Trauma team attend round the clock calls from police and members of the public regarding various trauma situations including rape and domestic violence providing vital support and guidance.</p>	<p>CARELINE Crisis Centre 36 Assagay Road Assagay 3610 West Durban 031-765-1587 Office / Helpline</p>	<p>www.carelinecrisis.org care@carelinecrisis.org</p>

Athlone	Counselling 021-633-9229 Our mission is to act as a bridge between rape survivors and the system so that more survivors report rape and experience reduced secondary trauma within the system. Our counselling is designed to make you feel safe, supported and respected. All our counselling is FREE of charge. We also offer a range of support in the courts.	Rape Crisis Cape Town Trust Athlone 021-684-1180 Office communications@rapecrisis.or.za	www.rapecrisis.org.za
Austerville Durban	Helpline 031-468-6829 Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.	Wings Of Love Safe Care Centre PO Box 14201 Austerville Durban 4005 031-468-6829 Office / Helpline	
Benoni	Helpline 0861-467-348 The I Themba Rape and Trauma Support Centre supplies counselling and support to rape survivors FREE of charge. Play therapy is available to traumatised children. We also offer support through the court and legal process.	I Themba Rape and Trauma Support Centre Crn: Woburn & Kimbolton Ave Benoni Central Benoni Gauteng 011-422-4107 Office	hope4u@traumasupport.org.za
Bloemfontein	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 10 Strauss Street Bloemfontein 9301 05-525-2395 Office	famsabfn@xpd.co.za
Border (East London)	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA PO Box 11035 Southern Wood 5213 043-743-8277 Office	admin@famsa-bc.org.za
Braamfontein	Helpline 011-403-5650 8.30-5pm The Trauma Clinic helps people to deal with traumatic experiences. We offer short term counselling and long term trauma therapy. Both individual and group counselling is available.	CSVA - Trauma & Transition 4th Floor Braamfontein Centre 22 Jorrisen Street Braamfontein	www.csvr.org.za info@csvr.org.za
Braamfontein	Helpline 011-242-3000 We are a one stop centre for victims of domestic violence and sexual assaults.	Ikhaya Lethemba 176 Smit Street Braamfontein 011-242-3000 Office / Helpline	
Brakpan	Helpline 011-740-5500 We provide counselling and support after rape as well as assistance through the police and court room procedures.	Brakpan Rape Crisis Centre Voorkrekker & Wanderers Streets Brakpan 011-740-5500 Office / Helpline	
Cape Town	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	Famsa 9 Bowden Road Observatory 7925 021-447-7951 Office	famsa@famsawc.org.za
Cape Town	An International Movement for incest	The Lamplighter Movement	www.thelamplighters.org

and child sexual abuse recovery.
To Join the email this chapter and
begin your recovery please email
Margie Mckinnon at the address on
the right of this page.

Johannesburg
South Africa

margie@thelamplighters.org

Cape Town

Helpline 021-461-1111

Life line respects your right to privacy
and NO information that you give us
will be divulged without your
permission. Our counselling is
empathetic, non judgemental and
highly professional. We will not tell
you what to do, but aim to empower
you so you can find lasting solutions
to the crisis or issues that you are
facing in your life. All our services
are FREE of charge.

LifeLine
Cape Town
021-461-1111 Office / Helpline

Cape Town

Contact Number 083-484-9409

We are a spiritual, self help group
of women survivors 18 years and
over, who are guided by a set of 12
suggested steps and 12 Traditions
as borrowed from AA. We use SIA
slogans and our own serenity
prayer. The only requirement for
membership is that you are a
victim of child abuse and that you
want to recover. SIA is not a replace
ment for therapy but everything that
is said in the group must be held in
strict confidence.
Women Survivors only
Meets every Monday & Tuesday
From 7pm to 9.30pm. For location
and further details please contact
Reinette on 083-484-9409 or email
her at the address on the right of
this page.

SIA Helderberg
Somerset West
Cape Town
South Africa
Contact Reinette 083-484-9409

www.siawso.org
www.crisiscentre.org.za

help@crisiscentre.org.za

Dullstroom

FAMSA is a marriage, relationship
and couples counselling service.
Offering individual counselling for
children, youth and adults.

FAMSA
384 Amajuba Street
Dullstroom 1110
081-365-0360 Office

famsa@secunda.co.za

Durban

Helpline 031-262-5231

We are the oldest Non Government
Organisation in South Africa to deal
with the problems of domestic
violence. Since our inception in
1986 we have provided crisis
intervention for 400,000 cases of
domestic violence. Support groups
are available, please call for more
details.

Advice Desk for the Abused
Room 120, Block K
Westville Campus
University of KwaZulu-Natal
Post code 3610
031-262-5231 Office / Helpline

Durban

FAMSA is a marriage, relationship
and couples counselling service.
Offering individual counselling for
children, youth and adults.

FAMSA
30 Bulwer Road
Glenwood
Durban 4001
031-202-8987 Office

durban@famsa.org.za

Durban	<p>Helpline 031-312-2323 LifeLine Durban aims to reduce personal stress and emotional pain through readily available counselling and growth programs. 24 Hour counselling service Face to face counselling Rape crisis support Support groups are available.</p>	<p>LIFELINE 38 Adrain Road Stamford Hill Durban 4001 031-303-1344 Office</p>	<p>director@lifelinedurban.org.za</p>
East Rand	<p>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</p>	<p>FAMSA 1st Floor, Old Town Hall Building Boksburg 1460 011-892-4272 Office</p>	<p>famsaeast@mweb.co.za</p>
East Rand	<p>Helpline 011-967-1011 Open Mon to Fri, 7.30 - 4.30 Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</p>	<p>The Mission Shelter East Rand 011-967-1011 Office / Helpline</p>	
Eldorado Park	<p>Helpline 011-945-6433 help@epwf.org.za Opposing women and child abuse has been the mainstay of our activities here at Eldorado Park Women's Forum. Under the Healing Heart project we also run 2 victim empowerment centres. Please see our website for full details of our services.</p>	<p>Eldorado Park Women's Forum No 7 Komsberg Avenue Extention 4 Eldorado Park 1813 011-945-6433 Office / helpline</p>	<p>www.epwf.org.za info@epwf.org.za</p>
Elsie River	<p>Helpline 021-931-3725 Domestic violence, substance abuse and gangsterism permeate the social fabric of this community. If you are experiencing domestic violence and need support, our Domestic Violence Project staff can help.</p>	<p>Catholic Welfare & Development Domestic Violence Project Elsie River Western Cape 021-931-3725 Office / Helpline</p>	<p>info@cwd.org.za</p>
Evaton	<p>Helpline 011-642-4345/6 Counselling tiny@powa.co.za Legal advice - legal@powa.co.za As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.</p>	<p>People Opposing Women Abuse Evaton 081-383-7698 office</p>	<p>www.powa.co.za info@powa.co.za Website Maintenance June 23</p>
Galeshewe	<p>Support & Help 053-830-8900</p>	<p>Thuthuzela Care Centres</p>	<p>www.gov.za/TCC</p>

Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Kimberly Northern Cape Hospital
Galeshewe
053-830-8900 Office / Support

Gauteng Area

Emergency Line 016-428-1640
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Bella Maria Shelter
Gauteng
016-428-1640 Office / Crisis

Gauteng Area

Emergency Line 012-327-3005
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Beth Shan Shelter
Gauteng
012-327-3005 Office / Crisis

Gauteng Area

Emergency Line 083-595-1046
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Bombani Shelter
Gauteng
083-596-1046 Office / Crisis

Gauteng Area

Emergency Line 083-625-9291
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Botshabelo Shelter
Gauteng
083-625-9291 Office / Crisis

Gauteng Area

Emergency Line 011-817-2666
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details

Mother's Nest Shelter
Gauteng
011-817-2666 Office / Crisis

Gauteng Area

Emergency Line 011-231-5050
Emergency temporary shelter for women and their children who are

NISAA Insitute Shelter
Gauteng
011-231-5050 Office / Crisis

fleeing domestic violence. Please call our emergency number for more details

George	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 68 Meade Street George 6529 044-874-5811 Office	george@famsa.org.za
Grahamstown	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 63A High Street Grahamstown 046-622-2580 Office	famsa@imagnet.co.za
Hammarisdale	Helpline 031-709-2679 We are a well established advisory, training and counselling centre. We aim to combat the effects of rape, sexual abuse and domestic violence. Operating from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and therapy room for traumatised children and ten counselling rooms.. We also run an emergency shelter for women and children needing to escape from an abusive relationship. With our main office in Pinetown we have 2 further offices in Hammasdale and in Mariannridge . Please call our helpline for further details of the numerous support groups we run.	The Open Door Crisis Care Ctr Lot 1 of 13 Sterkspruit Hammarisdale 3700 031-709-2679 Office / Helpline	www.opendoor.org.za info@opendoor.org.za
Johannesburg	Support 011-484-8888 ATU was formed to break the cycle of violence and to offer healing and hope to all victims of violence. Psychological support and therapy for adults and children. Support groups available.	Acting Through Ukubuyiselwa The Memorial Insititute for Child Health and Development 13 Jobert Street Parktown Johannesburg 011-484-8888 Office / Support www.facebook.com/ChildrensMemorialInstitute	
Johannesburg	Helpline 011-614-3245 24 Hours Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Bethany Shelter Johannesburg 011-614-3245 Office / Helpline	
Johannesburg	Helpline 011-648-6005 24 Hours Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Frieda Harley Shelter Johannesburg 011-648-6005 Office / Helpline	
Johannesburg	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Johannesburg South Africa	www.thelamplighters.org margie@thelamplighters.org

Johannesburg	<p>Crisis Line 011-728-1347</p> <p>Lifeline provides counselling and connects with people, giving them the tools they need to better handle stress. Our Victim Empowerment programme is based in Soweto and the Johannesburg inner city. We manage 17 centres all attached to police stations. We support victims of rape and domestic violence and recognize child abuse and trafficking intervening and recommending the appropriate services to best serve the child. Covering the whole of Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani & Moroka. The whole of Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.</p>	<p>LIFELINE 2 The Avenue Crn: Hentietta Street Norwood Johannesburg 011-728-1331 Office</p>	<p>www.lifelinejhb.org.za lifeline@lifelinejhb.org.za</p>
Johannesburg	<p>Counselling 076-694-5911 Counselling tiny@powa.co.za Legal advice - legal@powa.co.za</p> <p>As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.</p>	<p>People Opposing Women Abuse PO Box 93416 Yeoville 2143 Johannesburg 011-591-6803 Office</p>	<p>www.powa.co.za info@powa.co.za</p>
Johannesburg	<p>South African Male Survivors of Sexual Abuse is a non profit in the central business district of Johannesburg. The new acronym SAMSOSA will serve as a resource and referral centre, providing information, support and training for victims, affected individuals and organizations in a safe, non judgemental structure. In addition we will act as an advocacy group for non offending male rape and abuse survivors to create awareness and understanding that will change social attitudes and structures.</p>	<p>SAMSOSA PO Box 15554 Doornfontein Johannesburg 27 (0) 71-280-9918 Office 27 (0) 86-587-5381 Fax</p>	<p>www.samsosa.org/wp/</p>
Katlehong	<p>Counselling 076-694-5911 Counselling tiny@powa.co.za Legal advice - legal@powa.co.za</p> <p>As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we</p>	<p>People Opposing Women Abuse 677 Monise Section Katlehong 1431 011-860-2858 Office</p>	<p>www.powa.co.za info@powa.co.za</p>

provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.

Kempton Park	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA PO Box 2800 Kempton Park 1620 011-975-7106 Office	national@famsa.org.za
Khayelitsha	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Khayelitsha South Africa	www.thelamplighters.org margie@thelamplighters.org
Khayelitsha	24 hr Helpline 021-447-9762 Our mission is to act as a bridge between rape survivors and the system so that more survivors report rape and experience reduced secondary trauma within the system. Our counselling is designed to make you feel safe, supported and respected. All our counselling is FREE of charge. We also offer a range of support in the courts.	Rape Crisis Cape Town Trust Khayelitsha 021-361-9228 Office	www.rapecrisis.org.za info@rapecrisis.org.za
Kimberley	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 776 crn Letsholo & Matanzima Mankurwane 8345 053-872-2644 Office	zolekabula@yahoo.com
Knysna	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA Court Square 21 Spring Street Knysna 6571 044-382-5129 Office	knysna@famsa.org.za
Kwalugedlane	Hotline 013-780-3078 We work to prevent violence and discrimination against women and children by working to ensure that laws are properly implemented. Counselling survivors is the foundation of our services, supporting those affected by rape, sexual abuse and domestic violence. Two trained para legal officers are employed full time to assist survivors.	Masisukumeni Women's Crisis Centre Stand 2 Tonga Kwalugedlane 013-780-378 Office / Hotline	getbehindit@gmail.com
Libode	Support & Help 047-568-6274 Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public	Thuthuzela Care Centres St Barnabas Hospital Libode Utata 047-568-6247 Office / Support Contact Ms Themba Msuthu	www.gov.za/TCC

hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Mafikeng

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
42 Proctor Avenue,
Golf View
Mafikeng 2745
087-353-4434

info@famsamihikeng.co.za

Mafikeng

Support & Help 018-383-7000
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres
Mafikeng Hospital
Mafikeng
018-383-7000 Office / Support
Contact Ms Takalani Makhado

www.gov.za/TCC

Malelane Mpumalanga

Helpline 013-781-0660
Founded in 1994 as a para legal entity to facilitate access to justice to the marginalized communities of **Schoemansdal** and the surrounding areas. We can now offer FREE para legal services for those affected by child abuse and rape.

Nkomazi Community Advice Ctr
PO Box 1057
Shongwe Mission
Malelane 1331
Mpumalanga
013-781-0660 Office / Helpline

Mamelodi

Support & Help 012-801-2717
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South

Thuthuzela Care Centres
Mamelodi Hospital
Mamelodi
012-801-2717 Office

www.gov.za/TCC

Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Contact Ms Refiloe Bahula

Manenberg

Helpline 021-633-5287

The Saartjie Baartman Centre for women and children was opened in 1999 as the first multi disciplinary service for abused women and children in the country. Services include: 24 hour crisis response, a residential shelter and transitional housing for abused women and their children, legal assistance and job skills training. Other services are provided by organisations working in partnership at the centre and include: An after hours crisis response for children, specialised counselling in rape, sexual assault, trauma and domestic violence. The centre is situated in Manenberg but the centre provides services to the farming communities **Phillippi, Constantia & Stellenbosh**

Saartjie Baartman Women's Ctr Cotact form on website
Manenberg
Western Cape
021-633-5287 Office / Helpline
www.saartjiebaartmancentre.org.za

Manenberg

Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation

Thuthuzela Care Centres
GF Jooste Hospital
Manenberg
021-699-0474 Office
Ms Mandisa Nongonongo

www.gov.za/TCC

of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Mariannridge

Helpline 031-709-2679

We are a well established advisory, training and counselling centre. We aim to combat the effects of rape, sexual abuse and domestic violence. Operating from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and therapy room for traumatised children and ten counselling rooms.. We also run an emergency shelter for women and children needing to escape from an abusive relationship. With our main office in **Pinetown** we have 2 further offices in **Hammasdale** and in **Mariannridge**. Please call our helpline for further details of the numerous support groups we run.

The Open Door Crisis Care Ctr
1 Mercury Crescent
Mariannridge
031-709-2679 Office / Helpline

www.opendoor.org.za
info@opendoor.org.za

Mdantsane

Support & Help 043-761-2023

Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres
Cecilia Makwane Hospital
Mdantsane
East London
043-761-2023 Office / Support
Contact Ms Nosisi Nangu

www.gov.za/TCC

Midrand

Midrand Crisis Control Centre are a local business offering psychologists and psychotherapy at their Crisis and Trauma centre.

Midrand Crisis Control Centre
Midrand 1683
Randjesfontein Gauteng
011-375-6042 Office

Mitchell's Plain

Helpline 021-392-2000

Crisis helpline for women and their children who are experiencing any form of sexual or physical abuse.

Mitchell's Plain Crisis Line
Mitchell's Plain
Western Cape
021-392-2000 Office / Hotline

Natalspruit

Support & Help 011-909-1002

Thuthuzela Care Centres are one

Thuthuzela Care Centres
Natalspuit Hospital

www.gov.za/TCC

stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Natalspuit
011-909-1002 Office
Contact Mr Jerry Ramashaba

Nelspruit

Helpline 013-752-4407

Our mission is to support and counselling to all survivors of rape sexual assault and domestic abuse and violence using the most humanitarian means possible. for more details of our services and projects please see our website or call our helpline.

Greater Nelspruit Rape
Intervention Project (GRIP)
17 Ehmke Street
PO Box 26122
Nelspruit 1200
013-752-5993 Office

info@grip.org.za

Nelspruit

Helpline 013-755-3606

We are a non government org that offers a FREE and confidential counselling service to all members of the Greater Nelspruit community who are in need or in crisis. Face to face counselling
Telephone counselling
Trauma debriefing / counselling.

LIFE LINE Nelspruit
8A Hope Street
Nelspruit 1200
Mpumalanga
013-755-3606 Office / Helpline

safetalking@lifeline.org.za

Observatory

24 hr Helpline 021-447-9762

Our mission is to act as a bridge between rape survivors and the system so that more survivors report rape and experience reduced secondary trauma within the system. Our counselling is designed to make you feel safe, supported and respected. All our counselling is FREE of charge. We also offer a range of support in the courts.

Rape Crisis Cape Town Trust
PO Box 46
Observatory 7936
021-447-1467 Office
communications@rapecrisis.org.za

www.rapecrisis.org.za
info@rapecrisis.org.za

Oudtshoorn

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
57 Church Street
Oudtshoorn 6625
044-873-4858 George Office

Paarl

FAMSA is a marriage, relationship and couples counselling service.

FAMSA
86 Mill Street

paarl@famsa.org.za

Offering individual counselling for children, youth and adults.

Paarl 7646
021-872-2700 Office

Phoenix

Support & Help 031-502-2338

Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Thuthuzela Care Centres
Mahatma Gandhi Hospital
Phoenix
031-502-2338
Contact Ms Thenjiwe Mhembu

www.gov.za/TCC

Pietermaritzburg

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
2nd Floor Gallwey House
Gallwey Lane
Pietermaritzburg 3201
033-342-4945 Office

famsapmb@sai.co.za

Pinetown

KwaZulu-Natal

Helpline 031-709-2679

We are a well established advisory, training and counselling centre. We aim to combat the effects of rape, sexual abuse and domestic violence. Operating from a 30 room house in Pinetown we have a HIV / AIDS clinic on site, a play and therapy room for traumatised children and ten counselling rooms.. We also run an emergency shelter for women and children needing to escape from an abusive relationship. With our main office in **Pinetown** we have 2 further offices in **Hammasdale** and in **Mariannridge**. Please call our helpline for further details of the numerous support groups we run.

The Open Door Crisis Care Ctr
7 Windsor Lane
Pinetown 3610
KwaZulu- Natal
031-709-2679 Office / Helpline

www.opendoor.org.za

info@opendoor.org.za

Port Elizabeth

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
PO Box 12417
Port Elizabeth 6001
041-585-9393 Office

pe@famsa.org.za

Port Elizabeth

Helpline 041-487-1384

The Rape Crisis Centre Motherwell provides rape victims with help and counselling, para legal help, medical

Rape Crisis Centre (Motherwell)
16 Nyulutsi Street
NU4B
Motherwell

	help and advice and counselling around HIV testing. Support groups are available.	Port Elizabeth 04-487-1384 Office / Helpline	
Port Elizabeth	Helpline 041-406-4112 The Rape Crisis Centre at the Dora Nginza Hospital provides rape victims with Psychological help and counselling, para legal help, medical help and advice and counselling around HIV testing. Support groups are available.	Rape Crisis Centre at the Dora Nginza Hospital Spondo Road Ibhayi Zuide Port Elizabeth 041-406-4112 Office / Helpline	
Potchefstroom	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 3 Singer Road Potchefstroom 2531 018-293-2272 Office	potch@famsa.org.za
Pretoria	Helpline 012-327-3005 Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Beth Shan Pretoria 012-327-3005 Office / Helpline	
Pretoria	Helpline 012-735-8845 24 Hours Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Leamogetswe Safety Home Pretoria 012-375-8845 Office / Helpline	
Pretoria	Helpline 012-805-7416 24 Hours Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	People Against Human Abuse Pretoria 012-805-7416 Office / Helpline	
Pretoria	Helpline 012-325-3920 24 Hours Line open Mon to Fri, 8.00 - 4.30 Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Suid Afrikaanse Vroue Federasie Pretoria 012-325-3920 Office / Helpline	
Pretoria	Helpline 012-320-2123 24 Hours Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	The Potters House Pretoria 012-320-2123 Office / Helpline	
Randburg	An International Movement for incest and child sexual abuse recovery. To Join the email this chapter and begin your recovery please email Margie Mckinnon at the address on the right of this page.	The Lamplighter Movement Randburg South Africa	www.thelamplighters.org margie@thelamplighters.org
Reiger Park	Helpline 011-910-3166	Reiger Park Crisis Centre	

We are a crisis centre for abused women and children. Offering counselling for rape, trauma, mental and physical abuses.

Reiger Park
011-910-3166 Office / Helpline

Reservoir Hills
KwaZulu-Natal

Helpline 031-262-0157
Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.

Reservoir Hills Crisis Centre
PO Box 65321
Reservoir Hills 4090
KwaZulu-Natal
031-262-0157 Office / helpline

Rustenburg

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
Crn, Piet Grobler & Brink Streets
Rustenburg
014-592-9747 Office

helene@famsarustenburg.co.za

Secunda

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
PO Box 5560
Secunda 2302
017-631-1593 Office

famsa@secunda.co.za

Soweto

Crisis Line 011-728-1347
Lifeline provides counselling and connects with people, giving them the tools they need to better handle stress. Our Victim Empowerment programme is based in Soweto and the Johannesburg inner city. We manage 17 centres all attached to police stations. We support victims of rape and domestic violence and recognize child abuse and trafficking intervening and recommending the appropriate services to best serve the child. Covering the whole of **Soweto, Meadowlands, Diepkloof, Kliptown, Orlando, Dobsonville, Protea, Naledi, Jabulani & Moroka.** The whole of **Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.**

LIFELINE
C/O Clinix Soweto Hospital
Dobsonville
Soweto
067-019-0845 Office

www.lifelinejhb.org.za
lifeline@lifelinejhb.org.za

Soweto

Helpline 011-642-4345/6
Counselling tiny@powa.co.za
Legal advice - legal@powa.co.za
As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hanani Hospital Soweto, Katlehong & Vosloorus.

People Opposing Women Abuse
Room 10 Nthabiseng Centre
Chris Hanani Hospital
011-933-2333 Office

www.powa.co.za
info@powa.co.za

Soweto

Support & Help 011-933-1229
Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South

Thuthuzela Care Centres
Chris Hanani Baragwanath Hospital
Soweto
011-933-1229 Office / support

www.gov.za/TCC

Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.

Contact Ms Julia Rachitanga

Stellenbosch

Helpline 083-244-4887

Our services include: Helping to prepare the rape survivor for a medical exam and support at the police station. Emotional support and practical information. Referral to appropriate sexual abuse and rape survivors aftercare services.

Rape Crisis - Stellenbosch
Stellenbosch
Western Cape
082-903-8261 Office

dannik@mweb.co.za

Strand

Helpline 021-854-8759

SAFE is a pro women foundation that seeks to empower women in their families and communities. Apartheid shattered many people's dreams and their ability to believe in themselves. Today intense poverty fosters high levels of crime such as rape and domestic violence.

SAFE - South Africa Female Empowerment
Strand
Western Cape
021-845-8759 Office / Helpline

Stutterheim

FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.

FAMSA
PO Box 828
Stutterheim 4930
043-683-1418 Office

famsastutt@mwebbiz.co.za

Table View

Trauma can have an enormous impact on the psychological and emotional health of a child, affecting them in many ways and for many years. We provide specialist therapeutic services to children, adolescents and their families. The centre is staffed by highly experienced specialised and compassionate therapists.

Child Trauma Centre
Unit 1
253 Blaauwberg Road
Table View
021-556-9556 Office.

www.childtraumacentre.co.za
childtrauma@telkomsa.net

Tygerbear

Emergency Line 082-994-4301

The Tygerbear foundation has developed a unique model for the psych-social treatment, training, support and prevention of trauma suffered by all members of the

Tygerbear Foundation
PO Box 19028
Tygerbear 7505
021-931-6702 Office

www.tygerbear.org.za
info@tygerbear.org.za

community. These traumas can include survivors of neglect, physical emotional and sexual abuse. We offer play therapy, family therapy and group therapy. Court and hospital preparation. 24 Hour counselling / call out service. Telephone advice line for professionals. Registration of abused children to detect and prevent repeated abuse.

Tzaneen	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA No 8 Second Avenue Medipark Tzaneen 0850 015-307-4833 Office	famsatzaneen@telkomsa.net
Umlazi	Support & Help 031-907-8496 Thuthuzela Care Centres are one stop facilities that have been introduced as a critical part of South Africa's anti rape strategy aiming to reduce secondary trauma for the victim. Our centres operate in public hospitals in communities where incidence of rape is particularly high. Services included: Welcome and comfort from the site coordinator or nurse. An explanation of the medical exam and how it will be conducted always with a nurse present. A social worker or nurse will offer counselling. Information will be given about sexually transmitted infections. A referral will be made for long term counselling. Transport home may be offered. Explanation of court procedures and court preparation will be made by a victim assistant officer. See website for further details.	Thuthuzela Care Centres Prince Mshiyeni Hospital Umlazi 031-907-8496 Office / Support Contact Ms Lusanda Khumalo	www.gov.za/TCC
Upington	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	Famsa 2A Schroder Street Upington 8800 054-332-3955 Office	ontvangs@famsaupt.co.za
Vaal Triangle	Helpline 016-428-1740 24 Hours Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details	Life Line Vaal Triangle Vaal Triangle 016-428-1740 Office / Helpline	
Vereeniging	Helpline 016-422-0507 We have been set up to aid and help abused women, children and rape victims, educate youth on abuse and life skills, support rape victims and offer pregnancy crisis counselling.	Alpha Trauma Centre Crn: Joubert & Senator Marks St Vereeniging 1930 016-422-0507 Office / Helpline www.facebook.com/Alpha-Trauma-Centre-309955053176/	

Vhembe	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA Mutingingati Centre Caltex Thohoyandou 015-962-3728 Office	famsavhembe2@gmail.com
Vosloorus	Helpline 011-642-4345/6 Counselling tiny@powa.co.za Legal advice - legal@powa.co.za As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we provide child play therapy for children who reside in our shelters with their mothers. Women can access our counselling through our branch offices at Johannesburg, Evaton, Hani Hospital Soweto, Katlehong & Vosloorus.	People Opposing Women Abuse 1620 Ditshego Street Vosloorus Rehabilitation Centre Vosloorus 011-906-4259 Office 011-906-1792 Alt Office	www.powa.co.za info@powa.co.za
Welkom	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 204 Building Koppie Alleen Road Welkom 057-352-5191 Office	fam.wel@absamail.co.za
Woodstock	Emergency Line 082-444-4191 The Trauma Centre for Survivors of Violence and Torture is committed to addressing trauma through inclusive healing processes to build a non violent society with respect for human rights. Trauma support, containment and counselling to people traumatised by violent crimes. Individual, group and family counselling in a safe and secure environment.	Trauma Centre for Survivors of Violence. 126 Chapel Street WoodStock 7925 Cape Town 021-465-7373 Office	info@trauma.org.za
Worcester	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 83 Tulbach Street Worcester 6850 023-347-5231 Office	famsaworc@telkomsa.net
Wynberg	Support 011-885-3332 Counselling to support victims and the perpetrators of domestic violence Presentations to the community Awareness programs Training for professionals.	Agisang Domestic Abuse Prevention and Training ADAPT 128 2nd Street Oliver Tambo Centre Wynberg 011-786-6608 Office	