<table>
<thead>
<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUTH AFRICA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Amcare's Hanna House is a victim</td>
<td>15 Heidelberg Road</td>
<td><a href="mailto:amcare@amcare.org.za">amcare@amcare.org.za</a></td>
</tr>
<tr>
<td></td>
<td>empowerment centre which can</td>
<td>Newmarket Park</td>
<td></td>
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<tr>
<td></td>
<td>accommodate 10 to 12 women</td>
<td>Alberton</td>
<td></td>
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<tr>
<td></td>
<td>and their children who have</td>
<td>011-869-5856 Office / Support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>been subjected to domestic violence. Offering legal advice, general support, assistance with finding employment, assistance with schooling for children.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alexandra</td>
<td>Counselling 011-440-4047</td>
<td>ADAPT</td>
<td><a href="mailto:adapt@worldonline.co.za">adapt@worldonline.co.za</a></td>
</tr>
<tr>
<td>Township</td>
<td>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.</td>
<td>The Brown House</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alexandra Community Health Ctr</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>No 33 Arkwright Avenue</td>
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<td></td>
<td></td>
<td>Wynberg 2019</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>011-786-6608 Office</td>
<td></td>
</tr>
<tr>
<td>Alexandra</td>
<td>Crisis Line 011-443-3555</td>
<td>LIFELINE</td>
<td><a href="http://www.lifelinejhb.org.za">www.lifelinejhb.org.za</a></td>
</tr>
<tr>
<td></td>
<td>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 &amp; Moroka. The whole of Lenasia, Jeppe, Hillbrow, Yeoville, Brixton and the suburbs of Norwood and Fairlands.</td>
<td>St Michael's Church</td>
<td><a href="mailto:lifeline@lifelinejhb.org.za">lifeline@lifelinejhb.org.za</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Alexandra 2014</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>011-443-3555 Office / Helpline</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Contact email address</td>
<td><a href="mailto:isabella@lifelinejhb.org.za">isabella@lifelinejhb.org.za</a></td>
</tr>
<tr>
<td>Assagay</td>
<td>Helpline 031-765-1587 24 Hours</td>
<td>CARELINE Crisis Centre</td>
<td><a href="http://www.carelinecrisis.org">www.carelinecrisis.org</a></td>
</tr>
<tr>
<td>West Durban</td>
<td>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</td>
<td>36 Assagay Road</td>
<td><a href="mailto:business@carelinecrisis.org">business@carelinecrisis.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Assagay 3610</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>West Durban</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>031-765-1587 Office / Helpline</td>
<td></td>
</tr>
</tbody>
</table>
### 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

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

### Austerville

**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  
Austerville  
Durban 4005  
031-468-6829 Office / Helpline

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

### 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  
Gauteng  
011-421-2301 Office

**hope4u@traumasupport.org.za**  
www.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  
Braamfontein 9301  
05-525-2395 Office

**famsabfn@xpd.co.za**

### Border

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

### Braamfontein

**Helpline 011-403-5120  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  
Braamfontein

**info@csvr.org.za**  
www.csvr.org.za

### Brakpan

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

**info@csvr.org.za**  
www.csvr.org.za

### Cape Town

FAMSA is a marriage, relationship and couples counselling service.

Famsa  
9 Bowden Road

**famsa@famsawc.org.za**
Offering individual counselling for children, youth and adults.

Cape Town

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

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 your are a victim of child abuse and that you want to recover. SIA is not a replacement 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
South Africa
Contact Reinette 083-484-9409

SIA is not a replacement for therapy but everything that is said in the group must be held in strict confidence.

Dullstroom

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

FAMSA
384 Amajuba Street
Dullstroom 1110
013-254-0343 Office

Famsa@dullstroom.net

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

www.showme.co.za/durban/

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

www.thelamplighters.org
www.lifelinewc.org.za
<table>
<thead>
<tr>
<th>Location</th>
<th>Service Provided</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durban</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA 30 Bulwer Road Glenwood Durban 4001 031-202-8987 Office <a href="mailto:durban@famsa.org.za">durban@famsa.org.za</a></td>
</tr>
<tr>
<td>Durban</td>
<td><strong>Helpline 031-312-2323</strong> 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</td>
<td>LIFELINE 38 Adrain Road Stamford Hill Durban 4001 031-303-1344 Office <a href="http://www.lifelinedurban.org.za">www.lifelinedurban.org.za</a> <a href="mailto:director@lifelinedurban.org.za">director@lifelinedurban.org.za</a></td>
</tr>
<tr>
<td>East Rand</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA 1st Floor, Old Town Hall Building Boksburg 1460 011-892-4272 Office <a href="mailto:famsaeast@mweb.co.za">famsaeast@mweb.co.za</a></td>
</tr>
<tr>
<td>East Rand</td>
<td><strong>Helpline 011-967-1011</strong> 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</td>
<td>The Mission Shelter East Rand 011-967-1011 Office / Helpline</td>
</tr>
<tr>
<td>Eldorado Park</td>
<td><strong>Helpline 011-945-6433 <a href="mailto:help@epwf.org.za">help@epwf.org.za</a></strong> 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 emowerment centres. Please see our website for full details of our services.</td>
<td>Eldorado Park Women's Forum No 7 Komsberg Avenue Extention 4 Eldorado Park 1813 011-945-6433 Office / helpline <a href="http://www.epwf.org.za">www.epwf.org.za</a> <a href="mailto:info@epwf.org.za">info@epwf.org.za</a></td>
</tr>
<tr>
<td>Elsie River</td>
<td><strong>Helpline 021-931-3725</strong> Domestic violence, substance abuse and gangsterism pemeate the social fabric of this community. If you are experiencing domestic violence and need support, our Domestic Violence Project staff can help.</td>
<td>Catholic Welfare &amp; Development Domestic Violence Project Elsie River Western Cape 021-931-3725 Office / Helpline <a href="http://www.cwd.org.za">www.cwd.org.za</a> <a href="mailto:info@cwd.org.za">info@cwd.org.za</a></td>
</tr>
<tr>
<td>Evaton</td>
<td><strong>Helpline 011-642-4345/6 Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a> Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></strong> As an organization we provide individual face to face counselling, group counselling and telephone counselling to women who have experienced violence. In addition we</td>
<td>People Opposing Women Abuse Evaton 081-383-7698 office <a href="http://www.powa.co.za">www.powa.co.za</a> <a href="mailto:info@powa.co.za">info@powa.co.za</a></td>
</tr>
</tbody>
</table>
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.

**Galeshewe**  
**Support & Help 053-830-8900**  
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.

**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

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

**Bombani Shelter**  
Gauteng  
083-596-1046 Office / Crisis

**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
011-817-2666 Office / Crisis

Gauteng Area
Emergency Line 011-231-5050
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details
NISAA Insitute Shelter
011-231-5050 Office / Crisis

George
FAMSA is a marriage, relationship and couples counselling service. Offerig individual counselling for children, youth and adults.
FAMSA
68 Meade Street
George 6529
044-874-5811 Office

Grahamstown
FAMSA is a marriage, relationship and couples counselling service. Offerig individual counselling for children, youth and adults.
FAMSA
63A High Street
Grahamstown
046-622-2580 Office

Hammarsdale
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 Hammarsdale 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 3700
031-709-2679 Office / Helpline

Johannesburg
Support 011-314-5098
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 Institute for Child Health and Development
13 Jobert Street
Parktown 2193
011-314-5098 Office / Support

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
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

Johannesburg  The Lamplighter Movement
Johannesburg  South Africa
www.thelamplighters.org
margie@thelamplighters.org

Johannesburg  LIFELINE
2 The Avenue
Norwood
Johannesburg 011-728-1331 Office
isabella@lifelinejhb.org.za
www.lifelinejhb.org.za
lifeline@lifelinejhb.org.za

Johannesburg  People Opposing Women Abuse
PO Box 93416
Yeoville 2143
Johannesburg 011-642-4345 Office
info@powa.co.za
www.powa.co.za

Johannesburg  South African Male Survivors of Sexual Abuse (SAMSOSA)
PO Box 15554
Doornfontein
Johannesburg 27 (0) 71-280-9918 Office
27 (0) 86-587-5381 Fax
www.samsosa.org/wp/
rees@samsosa.org
Twitter @Samalesurvivors
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.

Katlehong  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.

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

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.

Khayelitsha  Counselling 021-361-9085
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.

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

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

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.

www.inspire-transformation.org/masisukumeni-womens-crisis-centre

<table>
<thead>
<tr>
<th>Libode</th>
<th>Support &amp; Help 047-568-6274</th>
<th>Thuthuzela Care Centres</th>
<th><a href="http://www.npa.gov.za">www.npa.gov.za</a></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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.</td>
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<tr>
<th>Mafikeng</th>
<th>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</th>
<th>FAMSA</th>
<th>42 Proctor Avenue, Golf View Mafikeng 2745 018-381-6303 Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mafikeng</td>
<td>Support &amp; Help 018-383-7000</td>
<td>Thuthuzela Care Centres</td>
<td><a href="http://www.npa.gov.za">www.npa.gov.za</a></td>
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<td>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.</td>
<td></td>
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</tr>
</tbody>
</table>
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.

**Malelane**  
**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 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**  
Mamelodi Hospital  
Mamelodi  
012-801-2717 Office  
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

**Saartjie Baartman Women’s Ctr**  
Manenberg  
Western Cape  
021-633-5287 Office / Helpline  
www.saartjiebaartmancentre.org.za
services to the farming communities

**Manenberg**

**Support & Help 021-691-6194**

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.

**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 **Hammarsdale** and in **Mariannridge**. Please call our helpline for further details of the numerous support groups we run.

**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.

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

Mitchell’s Plain
Helpline 021-392-2000
Crisis helpline for women and their children who are experiencing any form of sexual or physical abuse.

Natalspuit
Support & Help 011-909-1002
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.

Nelspruit
Helpline 013-752-4404
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.

Nelspruit
Helpline 013-755-3606
We are a non government org that
Nelspruit 1200
Mpumalanga
013-755-3606 Office / Helpline

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.

Observatory Counselling 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

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
044-272-7020 Office

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

FAMSA
86 Mill Street
Paarl 7646
021-872-2700 Office

paarl@famsa.org.za

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 Ghandi Hospital
Phoenix
031-502-2338
Contact Ms Thenjiwe Mlhembu

www.npa.gov.za

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
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| 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 Hammarsdale 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  
Contact form on website |
| 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 |
| Port Elizabeth    | Helpline 041-487-1384  
The Rape Crisis Centre Motherwell provides rape victims with help and counselling, para legal help, medical help and advice and counselling around HIV testing. Support groups are available. |
| Rape Crisis Centre (Motherwell) | 16 Nyulutsi Street  
NU4B  
Motherwell  
Port Elizabeth  
041-487-1384 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 | Spondon 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 |
| 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  
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

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

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

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.

Reiger Park

Helpline 011-910-3166
We are a crisis centre for abused women and children. Offering counselling for rape, trauma, mental and physical abuses.

Reservoir Hills

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

Rustenburg

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

Secunda

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

Soweto

Crisis Line 011-988-0155
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

People Against Human Abuse

Pretoria

012-805-7416 Office / Helpline

Suid Afrikaanse Vroue Federasie

Pretoria

012-325-3920 Office / Helpline

The Potters House

Pretoria

012-320-2123 Office / Helpline

The Lamplighter Movement

Randburg South Africa

www.thelamplighters.org

margie@thelamplighters.org

Reiger Park Crisis Centre

Reiger Park

011-910-3166 Office / Helpline

Reservoir Hills Crisis Centre

Reservoir Hills 4090

KwaZulu-Natal

031-262-0157 Office / helpline

FAMSA

Cnr, Piet Grobler & Brink Streets

Rustenburg

014-592-9747 Office

FAMSA

PO Box 5560

Secunda 2302

017-631-1593 Office

LIFELINE

C/O Clinix Soweto Hospital

Dobsonville

Soweto

011-988-0155 Office / Crisis

Contact Isabella

isabella@lifelinejhb.org.za
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.

### 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, Hani Hospital Soweto, Katlehong & Vosloorus.

### Soweto
- **Support & Help** 011-933-1229
- **Thuthuzela Care Centres**
  - Chris Hani Baragwanath Hospt
  - Soweto
  - 011-933-1229 Office / support
  - Contact Ms Julia Rachitanga

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.

### Stellenbosch
- **Helpline** 083-244-4887
- **Rape Crisis - Stellenbosch** dannik@mweb.co.za

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.

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

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.

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 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.

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

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

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

Thuthuzela Care Centres
Prince Mshiienyi Hospital
Umlazi
031-907-8496 Office / Support
Contact Ms Lusanda Khumalo

www.npa.gov.za
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.

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
pa.famsaupt@mweb.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 016-428-3357
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
Cnr: Joubert & Senator Marks St
Vereeniging 1930
016-428-3357 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.
FAMSA
Fam.wel@absamail.co.za
<table>
<thead>
<tr>
<th>Location</th>
<th>Service</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woodstock</td>
<td>Emergency Line 082-444-4191</td>
<td>The Trauma Centre for Survivors of Violence and Torture</td>
<td><a href="http://www.trauma.org.za">www.trauma.org.za</a>, <a href="mailto:info@trauma.org.za">info@trauma.org.za</a></td>
</tr>
<tr>
<td>Woodstock</td>
<td></td>
<td>Trauma Centre for Survivors of Violence.</td>
<td>126 Chapel Street, WoodStock 7925, Cape Town</td>
</tr>
<tr>
<td>Woodstock</td>
<td></td>
<td></td>
<td>021-465-7373 Office</td>
</tr>
<tr>
<td>Worcester</td>
<td>FAMSA</td>
<td>FAMSA</td>
<td><a href="mailto:famsaworc@telkomsa.net">famsaworc@telkomsa.net</a></td>
</tr>
<tr>
<td>Worcester</td>
<td>FAMSA is a marriage, relationship and couples counselling service.</td>
<td>83 Tulbach Street, Worcester 6850</td>
<td>023-347-5231 Office</td>
</tr>
<tr>
<td>Wynberg</td>
<td>Support 011-885-3332</td>
<td>Agisang Domestic Abuse Prevention and Training ADAPT</td>
<td>011-885-3332 Office / Support</td>
</tr>
<tr>
<td>Wynberg</td>
<td></td>
<td>Agisang Domestic Abuse Prevention and Training ADAPT</td>
<td>128 2nd Street, Wynberg, Oliver Tambo Centre</td>
</tr>
<tr>
<td>Wynberg</td>
<td>Support 011-885-3332</td>
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