

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</p>	<p>www.amcare.org.za amcare@amcare.org.za</p>
Alexandra Township	<p>Counselling 011-440-4047 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 011-786-6608 Office</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 isabella@lifelinejhb.org.za</p>	<p>www.lifelinejhb.org.za lifeline@lifelinejhb.org.za</p>
Assagay West Durban	<p>Helpline 031-765-1587 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</p>	<p>CARELINE Crisis Centre 36 Assagay Road Assagay 3610 West Durban 031-765-1587 Office / Helpline</p>	<p>www.carelinecrisis.org business@carelinecrisis.org</p>

guidance.

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	www.rapecrisis.org.za info@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 011-421-2301 Office	www.traumasupport.org.za 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	
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 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.	Famsa 9 Bowden Road	famsa@famsawc.org.za

	Offering individual counselling for children, youth and adults.	Observatory 7925 021-447-7951 Office	
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	www.thelamplighters.org 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	www.lifelinewc.org.za
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 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 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 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/

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	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	LIFELINE 38 Adrain Road Stamford Hill Durban 4001 031-303-1344 Office	www.lifelinedurban.org.za director@lifelinedurban.org.za
East Rand	FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.	FAMSA 1st Floor, Old Town Hall Building Boksburg 1460 011-892-4272 Office	famsaeast@mweb.co.za
East Rand	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	The Mission Shelter East Rand 011-967-1011 Office / Helpline	
Eldorado Park	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.	Eldorado Park Women's Forum No 7 Komsberg Avenue Extension 4 Eldorado Park 1813 011-945-6433 Office / helpline	www.epwf.org.za info@epwf.org.za
Elsie River	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.	Catholic Welfare & Development Domestic Violence Project Elsie River Western Cape 021-931-3725 Office / Helpline	www.cwd.org.za info@cwd.org.za
Evaton	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	People Opposing Women Abuse Evaton 081-383-7698 office	www.powa.co.za info@powa.co.za

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.

Thuthuzela Care Centres
Kimberly Northern Cape Hospital
Galeshewe
053-830-8900 Office / Support
Mr Linda Le Roux

www.npa.gov.za

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 fleeing domestic violence. Please call our emergency number for more details	NISAA Institute Shelter Gauteng 011-231-5050 Office / Crisis	
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@imaginet.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 Contact form on website
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 Johannesburg 011-314-5098 Office / Support www.facebook.com/ChildrensMemorialInstitute	vivyan.alers@gmail.com
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	Crisis Line 011-728-1343 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 2 The Avenue Crn: Hentietta Street Norwood Johannesburg 011-728-1331 Office isabella@lifelinejhb.org.za	www.lifelinejhb.org.za lifeline@lifelinejhb.org.za
Johannesburg	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 PO Box 93416 Yeoville 2143 Johannesburg 011-642-4345 Office.	www.powa.co.za info@powa.co.za
Johannesburg	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	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.	People Opposing Women Abuse 677 Monise Section Katlehong 1431 011-860-2858 Office	www.powa.co.za info@powa.co.za
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	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.	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	Masisukumeni Women's Crisis Centre	

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

Stand 2
 Tonga
 Kwalugedlane
 013-780-378 Office / Hotline

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 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
 St Barnabas Hospital
 Libode
 Utata
 047-568-6247 Office / Support
 Contact Ms Themba Msuthu

www.npa.gov.za

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
 018-381-6303 Office

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

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

www.npa.gov.za

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
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

iren.green@yahoo.com

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

www.npa.gov.za

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

Contact form on website

services to the farming communities
Phillippi, Constantia & Stellenbosh

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.

Thuthuzela Care Centres
GF Jooste Hospital
Manenberg
012-691-6194 Office
Ms Mandisa Nongonongo

www.npa.gov.za

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 Cresecent
Mariannridge
031-703-1490 Office

www.opendoor.org.za
Contact form on website

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

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

www.npa.gov.za

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.

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
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Thuthuzela Care Centres
Natalspruit Hospital
Natalspruit
011-909-1002 Office
Contact Mr Jerry Ramashaba

www.npa.gov.za

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.

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

www.grip.org.za
info@grip.org.za

Nelspruit

Helpline 013-755-3606
We are a non government org that

LIFE LINE Nelspruit
8A Hope Street

counselling01@telkomsa.net

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.

Nelspruit 1200
Mpumalanga
013-755-3606 Office / Helpline

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 Mhembu

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

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 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	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 help and advice and counselling around HIV testing. Support groups are available.	Rape Crisis Centre (Motherwell) 16 Nyulutsi Street NU4B Motherwell 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 We are a crisis centre for abused women and children. Offering counselling for rape, trauma, mental and physical abuses.	Reiger Park Crisis Centre 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 011-988-0155 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	LIFELINE C/O Clinix Soweto Hospital Dobsonville Soweto 011-988-0155 Office / Crisis Contact Isabella isabella@lifelinejhb.org.za	www.lifelinejhb.org.za lifeline@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.

People Opposing Women Abuse www.powa.co.za
Room 10 Nthabiseng Centre info@powa.co.za
Chris Hani Hospital
011-933-2333 Office

Soweto

Support & Help 011-933-1229
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 www.npa.gov.za
Chris Hani Baragwanath Hospt
Soweto
011-933-1229 Office / support
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

Rape Crisis - Stellenbosch dannik@mweb.co.za
Stellenbosch
Western Cape
082-903-8261 Office

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	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 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	www.tygerbear.org.za info@tygerbear.org.za
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 Mshiyeni 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 Crn: 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	FAMSA	fam.wel@absamail.co.za

and couples counselling service.
Offering individual counselling for
children, youth and adults.

204 Building
Koppie Alleen Road
Welkom
057-352-5191 Office

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 societ 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

www.trauma.org.za
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
011-885-3332 Office / Support