### SOUTH AFRICA

<table>
<thead>
<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
</tr>
</thead>
</table>
| **Alberton** | 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 finding employment, assistance with schooling for children. | Hanna House - Amcare  
15 Heidelberg Road  
Newmarket Park  
Alberton  
011-869-5856 Office / Support  
www.amcare.org.za  
amcare@amcare.org.za |  |
| **Alexandra Township** | 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. | ADAPT  
The Brown House  
Alexandra Community Health Ctr  
No 33 Arkwright Avenue  
Wynberg 2019  
[adapt@worldonline.co.za](mailto:adapt@worldonline.co.za) |
| **Alexandra** | 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. | LIFELINE  
St Michael's Church  
8th Avenue  
Alexandra 2014  
011-443-3555 Office / Helpline  
Contact email address | [www.lifelinejhb.org.za](http://www.lifelinejhb.org.za)  
[lifeline@lifelinejhb.org.za](mailto:lifeline@lifelinejhb.org.za) |
| **Assagay** | 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 | CARELINE Crisis Centre  
36 Assagay Road  
Assagay 3610  
West Durban  
031-765-1587 Office / Helpline | [www.carelinecrisis.org](http://www.carelinecrisis.org)  
[care@carelinecrisis.org](mailto:care@carelinecrisis.org) |
### 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**
- 021-684-1180 Office
- communications@rapecrisis.org.za
- www.rapecrisis.org.za

### Austerville
**Helpline 031-468-6829**
- Out patient services and counselling for those in acute metal situations including support to victims of assault and abuse.

**Wings Of Love Safe Care Centre**
- PO Box 14201
- 031-468-6829 Office / Helpline

### Benoni
**Helpline 0861-467-348**
- The I Thembra 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 Thembra Rape and Trauma Support Centre**
- Crn: Woburn & Kimbolton Ave
- Benoni Central
- 011-422-4107 Office

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

**FAMSA**
- 10 Strauss Street
- 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
- 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.

**CSV A - Trauma & Transition**
- 4th Floor Braamfontein Centre
- 22 Jorrisen Street
- info@csvr.org.za

<table>
<thead>
<tr>
<th>Braamfontein</th>
<th>Helpline 011-242-3000</th>
</tr>
</thead>
<tbody>
<tr>
<td>We are a one stop centre for victims of domestic violence and sexual assaults.</td>
<td>Ikhaya Lethemba</td>
</tr>
<tr>
<td>176 Smit Street</td>
<td>Braamfontein</td>
</tr>
<tr>
<td>011-242-3000 Office / Helpline</td>
<td></td>
</tr>
</tbody>
</table>

### Brakpan
**Helpline 011-740-5500**
- We provide counselling and support after rape as well as assisstance 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.**
- 9 Bowden Road

**Famsa**
- 9 Bowden Road
- famsa@famsawc.org.za
<table>
<thead>
<tr>
<th>Location</th>
<th>Services</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cape Town</strong></td>
<td>Offering individual counselling for children, youth and adults.</td>
<td>Observatory 7925 021-447-7951 Office</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td>The Lamplighter Movement Johannesburg South Africa <a href="http://www.thelamplighters.org">www.thelamplighters.org</a> <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></td>
</tr>
<tr>
<td><strong>Cape Town</strong></td>
<td>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.</td>
<td>LifeLine Cape Town 021-461-1111 Office / Helpline</td>
</tr>
<tr>
<td><strong>Cape Town</strong></td>
<td>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 &amp; 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.</td>
<td>SIA Helderberg Somerset West <a href="http://www.siawso.org">www.siawso.org</a> <a href="http://www.crisiscentre.org.za">www.crisiscentre.org.za</a> Contact Reinette 083-484-9409</td>
</tr>
<tr>
<td><strong>Dullstroom</strong></td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
<td>FAMSA 384 Amajuba Street Dullstroom 1110 081-365-0360 Office <a href="mailto:famsa@secunda.co.za">famsa@secunda.co.za</a></td>
</tr>
<tr>
<td><strong>Durban</strong></td>
<td>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.</td>
<td>Advice Desk for the Abused Room 120, Block K Westville Campus University of KwaZulu-Natal Post code 3610 031-262-5231 Office / Helpline</td>
</tr>
<tr>
<td>Location</td>
<td>Services</td>
<td>Contacts</td>
</tr>
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</tr>
</tbody>
</table>
| 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  
The Mission Shelter  
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 emowerment centres. Please see our website for full details of our services. | Eldorado Park Women's Forum  
No 7 Komsberg Avenue  
Extention 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 pemeate 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  
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.

Gauteng Area  
Emergency Line 016-428-1640  
Bella Maria Shelter  
Gauteng  
016-428-1640 Office / Crisis

Gauteng Area  
Emergency Line 012-327-3005  
Beth Shan Shelter  
Gauteng  
012-327-3005 Office / Crisis

Gauteng Area  
Emergency Line 083-595-1046  
Bombani Shelter  
Gauteng  
083-596-1046 Office / Crisis

Gauteng Area  
Emergency Line 083-625-9291  
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

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**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
Gauteng
011-231-5050 Office / Crisis

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**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

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**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

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**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
Hammarsdale 3700
031-709-2679 Office / Helpline

---

**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

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**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
<table>
<thead>
<tr>
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<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johannesburg</td>
<td>Helpline 011-648-6005 24 Hours</td>
<td>Frieda Harley Shelter, Johannesburg 011-648-6005 Office / Helpline, emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details.</td>
</tr>
<tr>
<td>Johannesburg</td>
<td>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.</td>
<td>The Lamplighter Movement, Johannesburg South Africa, <a href="http://www.thelamplighters.org">www.thelamplighters.org</a>, <a href="mailto:margie@thelamplighters.org">margie@thelamplighters.org</a></td>
</tr>
<tr>
<td>Johannesburg</td>
<td>Crisis Line 011-728-1347</td>
<td>LIFELINE, 2 The Avenue, Crn: Hentietta Street, Norwood, Johannesburg 011-728-1331 Office, 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>
</tr>
<tr>
<td>Johannesburg</td>
<td>Counselling 076-694-5911</td>
<td>People Opposing Women Abuse, <a href="http://www.powa.co.za">www.powa.co.za</a>, <a href="mailto:info@powa.co.za">info@powa.co.za</a>, Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a>, 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 &amp; Vosloorus.</td>
</tr>
<tr>
<td>Johannesburg</td>
<td>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</td>
<td>SAMSOSA, <a href="http://www.samsosa.org/wp/">www.samsosa.org/wp/</a>, PO Box 15554 Doornfontein, Johannesburg 27 (0) 71-280-9918 Office 27 (0) 86-587-5381 Fax</td>
</tr>
</tbody>
</table>
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  Counselling 076-694-5911  
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.  
FAMSA  
PO Box 2800  
Kempton Park 1620  
011-975-7106 Office

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  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.

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

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

Kwalugedlane  Hotline 013-780-3078  
We work to prevent voiolence and Masisukumeni Women’s Crisis Centre  
getbehindit@gmail.com
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

Libode
Support & Help 047-568-6274
Thuthuzela Care Centres
St Barnabas Hospital
Libode
Utata
047-568-6247 Office / Support
Contact Ms Themba Msuthu

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.

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

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.

**Malelane**

**Helpline 013-781-0660**

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

**Nkomazi Community Advice Ctr**
PO Box 1057
Shongwe Mission
Malelane 1331
Mpumalanga
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.

**Mamelodi**

**Support & Help  012-801-2717**

Thuthuzela Care Centres
Mamelodi Hospital
Mamelodi
012-801-2717 Office
Contact Ms Refiloe Bahula

Thuthuzela Care Centres
Mamelodi Hospital
Mamelodi
012-801-2717 Office
Contact Ms Refiloe Bahula

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.

**Manenberg**

**Helpline 021-633-5287**

Saartjie Baartman Women's Ctr
Contact form on website

Saartjie Baartman Women's Ctr
Cotact form on website

021-633-5287 Office / Helpline

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

**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 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.

**Natalspruit**
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 013-752-4407
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.

LIFE LINE Nelspruit
8A Hope Street
Nelspruit 1200

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

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

Thuthuzela Care Centres
www.gov.za/TCC

Greater Nelspruit Rape Intervention Project (GRIP)
info@grip.org.za
17 Ehmke Street
PO Box 26122
Nelspruit 1200
013-752-5993 Office

Nelspruit Helpline 013-755-3606
We are a non government org that offers a FREE and confidential

LIFE LINE Nelspruit
safetalking@lifeline.org.za
8A Hope Street
Nelspruit 1200
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 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  www.rapecrisis.org.za
PO Box 46
Observatory 7936
021-447-1467 Office communications@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.org.za

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

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 www.gov.za/TCC
Mahatma Ghandi Hospital Phoenix
031-502-2338
Contact Ms Thenjiwe Mlhembu

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
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.

**Pinetown**  
**Helpline 031-709-2679**

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

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

**Port Elizabeth**  
**FAMSA**  
**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.

**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.

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

**Potchefstroom**  
**FAMSA**  
**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

**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

Leamogotswe 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
www.thelamplighters.org
margie@thelamplighters.org

South Africa

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

Helpline 031-262-0157
Out patient services and counselling for those in acute metal 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

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

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

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

www.lifelinejhb.org.za

www.lifelinejhb.org.za

helene@famsarustenburg.co.za

famsa@secunda.co.za
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.

**Thuthuzela Care Centres**

- **Chris Hani Baragwanath Hosp 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 crisis.
survivors aftercare services.

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Strand</strong></td>
<td><strong>Helpline 021-854-8759</strong></td>
<td>SAFE - South Africa Female Empowerment Strand Western Cape 021-845-8759 Office / Helpline</td>
</tr>
<tr>
<td><strong>Stutterheim</strong></td>
<td><strong>FAMSA</strong> PO Box 828 Stutterheim 4930 043-683-1418 Office</td>
<td>FAMSA <a href="mailto:famsastutt@mwebbiz.co.za">famsastutt@mwebbiz.co.za</a></td>
</tr>
<tr>
<td><strong>Table View</strong></td>
<td><strong>Child Trauma Centre</strong> Unit 1 253 Blaauwberg Road Table View 021-556-9556 Office</td>
<td><a href="http://www.childtraumacentre.co.za">www.childtraumacentre.co.za</a> <a href="mailto:childtrauma@telkomsa.net">childtrauma@telkomsa.net</a></td>
</tr>
<tr>
<td><strong>Tygerbear</strong></td>
<td><strong>Emergency Line 082-994-4301</strong> Tygerbear Foundation PO Box 19028 Tygerbear 7505 021-931-6702 Office</td>
<td>Tygerbear Foundation <a href="http://www.tygerbear.org.za">www.tygerbear.org.za</a> <a href="mailto:info@tygerbear.org.za">info@tygerbear.org.za</a></td>
</tr>
<tr>
<td><strong>Tzaneen</strong></td>
<td><strong>FAMSA</strong> No 8 Second Avenue Medipark Tzaneen 0850 015-307-4833 Office</td>
<td>FAMSA <a href="mailto:famsatzaneen@telkomsa.net">famsatzaneen@telkomsa.net</a></td>
</tr>
<tr>
<td><strong>Umlazi</strong></td>
<td><strong>Support &amp; Help 031-907-8496</strong> Thuthuzela Care Centres Prince Mshiyeni Hospital Umlazi 031-907-8496 Office / Support Contact Ms Lusanda Khumalo</td>
<td>Thuthuzela Care Centres <a href="http://www.gov.za/TCC">www.gov.za/TCC</a></td>
</tr>
</tbody>
</table>

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.

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

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.

The Tygerbear foundation has developed a unique model for the psych-socia 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.

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

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.

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

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.

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.

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

Vosloorus  
Helpline 011-642-4345/6  
Counselling tiny@powa.co.za  
Legal advice - legal@powa.co.za  
People Opposing Women Abuse  
1620 Ditshego Street  
Vosloorus Rehabilitation Centre  
Vosloorus  
011-906-4259 Office  
011-906-1792 Alt Office

Welkom  
FAMSA is a marriage, relationship and couples counselling service.  
FAMSA  
204 Building
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woodstock</td>
<td><strong>Emergency Line 082-444-4191</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td>Worcester</td>
<td><strong>FAMSA</strong> is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td>Wynberg</td>
<td><strong>Support 011-885-3332</strong>&lt;br&gt;Counselling to support victims and the perpetrators of domestic violence. Presentations to the community. Awareness programs. Training for professionals.</td>
</tr>
</tbody>
</table>