<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>
| SOUTH AFRICA  | **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 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. | ADAPT  
The Brown House  
Alexandra Community Health Ctr  
No 33 Arkwright Avenue  
Wynberg 2019  
011-786-6608 Office | www.adapt.org.za/  
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 | www.lifelinejhb.org.za  
lifeline@lifelinejhb.org.za |
|               | **Assagay West Durban**  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 | CARELINE Crisis Centre  
36 Assagay Road  
Assagay 3610  
West Durban  
031-765-1587 Office / Helpline | www.carelinecrisis.org  
business@carelinecrisis.org |
<table>
<thead>
<tr>
<th>Location</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlone</td>
<td>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.</td>
</tr>
<tr>
<td>Austerville</td>
<td>Helpline 031-468-6829: Out patient services and counselling for those in acute mental situations including support to victims of assault and abuse.</td>
</tr>
<tr>
<td>Cape Town</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Famsa 9 Bowden Road</td>
</tr>
<tr>
<td>Benoni</td>
<td>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.</td>
</tr>
<tr>
<td>Bloemfontein</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults. <a href="mailto:Famsabfn@xpd.co.za">Famsabfn@xpd.co.za</a></td>
</tr>
<tr>
<td>Border</td>
<td>FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults. 043-743-8277 Office</td>
</tr>
<tr>
<td>Braamfontein</td>
<td>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. CSVV - Trauma &amp; Transition 4th Floor Braamfontein Centre 22 Jorrisen Street Braamfontein</td>
</tr>
<tr>
<td>Braamfontein</td>
<td>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</td>
</tr>
<tr>
<td>Brakpan</td>
<td>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 &amp; Wanderers Streets Brakpan 011-740-5500 Office / Helpline</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

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.

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.

Cape Town

FAMSA is a marriage, relationship and couples counselling service.

Offering individual counselling for children, youth and adults.

Dullstroom

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.
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 www.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 www.famsa.org.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
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
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.

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

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

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

Gauteng Area  Emergency Line 083-625-9291
Botshabelo Shelter
Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details
<table>
<thead>
<tr>
<th>Location</th>
<th>Support / Helpline</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gauteng Area</strong></td>
<td><strong>Emergency Line 011-817-2666</strong></td>
<td>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></td>
<td>Mother's Nest Shelter</td>
<td>Gauteng 011-817-2666 Office / Crisis</td>
</tr>
<tr>
<td><strong>Gauteng Area</strong></td>
<td><strong>Emergency Line 011-231-5050</strong></td>
<td>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></td>
<td>NISAA Insitute Shelter</td>
<td>Gauteng 011-231-5050 Office / Crisis</td>
</tr>
<tr>
<td><strong>George</strong></td>
<td>FAMSA</td>
<td>FAMSA 68 Meade Street George 6529 044-874-5811 Office</td>
</tr>
<tr>
<td></td>
<td>FAMSA</td>
<td>FAMSA 63A High Street Grahamstown 046-622-2580 Office</td>
</tr>
<tr>
<td><strong>Grahamstown</strong></td>
<td>FAMSA</td>
<td>FAMSA Grahamstown 046-622-2580 Office</td>
</tr>
<tr>
<td><strong>Hammarsdale</strong></td>
<td><strong>Helpline 031-709-2679</strong></td>
<td>The Open Door Crisis Care Ctr Lot 1 of 13 Sterkspruit Hammarsdale 3700 031-709-2679 Office / Helpline</td>
</tr>
<tr>
<td></td>
<td>The Open Door Crisis Care Ctr</td>
<td>Contact form on website</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.opendoor.org.za">www.opendoor.org.za</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ATU</td>
<td><a href="mailto:Vivyan.Alers@gmail.com">Vivyan.Alers@gmail.com</a></td>
</tr>
<tr>
<td><strong>Johannesburg</strong></td>
<td><strong>Helpline 011-614-3245 24 Hours</strong></td>
<td>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></td>
<td>Bethany Shelter</td>
<td>Johannesburg 011-614-3245 Office / Helpline</td>
</tr>
<tr>
<td>Location</td>
<td><strong>Helpline 011-648-6005  24 Hours</strong></td>
<td><strong>Frieda Harley Shelter</strong></td>
</tr>
<tr>
<td>------------</td>
<td>-----------------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>Johannesburg</td>
<td>Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</td>
<td><strong>The Lamplighter Movement</strong></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><a href="http://www.thelamplighters.org">www.thelamplighters.org</a></td>
</tr>
<tr>
<td>Johannesburg</td>
<td>Crisis Line 011-728-1343</td>
<td><strong>LIFELINE</strong></td>
</tr>
<tr>
<td>Johannesburg</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>2 The Avenue Cnr: Hentietta Street Norwood Johannesburg 011-728-1331 Office <a href="mailto:isabella@lifelinejhb.org.za">isabella@lifelinejhb.org.za</a></td>
</tr>
<tr>
<td>Johannesburg</td>
<td><strong>Helpline 011-642-4345/6</strong></td>
<td><strong>People Opposing Women Abuse</strong></td>
</tr>
<tr>
<td>Johannesburg</td>
<td><strong>Counselling <a href="mailto:tiny@powa.co.za">tiny@powa.co.za</a></strong></td>
<td><strong>PO Box 93416</strong></td>
</tr>
<tr>
<td>Johannesburg</td>
<td><strong>Legal advice - <a href="mailto:legal@powa.co.za">legal@powa.co.za</a></strong></td>
<td><strong>Yeoville 2143</strong></td>
</tr>
<tr>
<td>Johannesburg</td>
<td>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>
<td><strong>Johannesburg 011-642-4345 Office.</strong></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-SABS environment.</td>
<td><strong>SAMSO S</strong></td>
</tr>
<tr>
<td>Johannesburg</td>
<td><strong>PO Box 15554</strong></td>
<td><strong>Doornfontein</strong></td>
</tr>
<tr>
<td>Johannesburg</td>
<td><strong>Johannesburg 27 (0) 71-280-9918 Office</strong></td>
<td><strong>27 (0) 86-587-5381 Fax</strong></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  
**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

**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  
www.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  
www.famsa.org.za/

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  
www.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

**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 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**

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
Philippi, 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.

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.

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.
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

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

**Nelspruit**
**Helpline 013-755-3606**
We are a non government org that
LIFE LINE Nelspruit
counselling01@telkomsa.net
8A Hope Street
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

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

FAMSA paarl@famsa.org.za
86 Mill Street
Paarl 7646
021-872-2700 Office
www.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

www.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 famsapmb@sai.co.za
2nd Floor Gallwey House
Gallwey Lane
Pietermaritzburg 3201
033-342-4945 Office

www.famsa.org.za/

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

FAMSA www.famsa.org.za/
2nd Floor Gallwey House
Gallwey Lane
Pietermaritzburg 3201
033-342-4945 Office

www.famsa.org.za/
<table>
<thead>
<tr>
<th>Location</th>
<th>Service Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinetown</td>
<td><strong>Helpline 031-709-2679</strong>&lt;br&gt;<strong>KwaZulu-Natal</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td>Port Elizabeth</td>
<td><strong>FAMSA</strong>&lt;br&gt;FAMSA is a marriage, relationship and couples counselling service. Offering individual counselling for children, youth and adults.</td>
</tr>
<tr>
<td>Port Elizabeth</td>
<td><strong>Helpline 041-487-1384</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td>Port Elizabeth</td>
<td><strong>Helpline 041-406-4112</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td>Potchefstroom</td>
<td><strong>Helpline 012-327-3005</strong>&lt;br&gt;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>Pretoria</td>
<td><strong>Helpline 012-735-8845  24 Hours</strong>&lt;br&gt;Emergency temporary shelter for women and their children who are fleeing domestic violence. Please call our emergency number for more details</td>
</tr>
</tbody>
</table>
**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**

**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**

**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**

**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**

**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**

**www.famsa.org.za/ 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**

**www.famsa.org.za/ 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 Clinic 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**
People Opposing Women Abuse
**Counselling tiny@powa.co.za**
www.powa.co.za
**Legal advice - legal@powa.co.za**
info@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
www.npa.gov.za
Chris Hani Baragwanath Hosp Soweto
011-933-1229 Office / support
Contact Ms Julia Rachitanga

**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

**Stellenbosch**

**Helpline 082-903-8261**
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

www.famsa.org.za/  
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

www.famsa.org.za/

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.

<table>
<thead>
<tr>
<th>Services</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Famsa</td>
<td>2A Schroder Street</td>
<td>Upington 8800</td>
</tr>
<tr>
<td></td>
<td>054-332-3955 Office</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Services</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Line Vaal Triangle</td>
<td>Vaal Triangle</td>
<td>016-428-1740 Office / Helpline</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Services</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha Trauma Centre</td>
<td>Crn: Joubert &amp; Senator Marks St</td>
<td>Vereeniging 1930</td>
</tr>
<tr>
<td></td>
<td>016-428-3357 Office / Helpline</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.facebook.com/Alpha-Trauma-Centre-309955053176/">www.facebook.com/Alpha-Trauma-Centre-309955053176/</a></td>
<td></td>
</tr>
</tbody>
</table>

**Vhembe**

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

<table>
<thead>
<tr>
<th>Services</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAMSA</td>
<td>Mutingingati Centre</td>
<td>Vereeniging 1930</td>
</tr>
<tr>
<td></td>
<td>Caltex</td>
<td>015-962-3728 Office / Helpline</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Services</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>People Opposing Women Abuse</td>
<td>1620 Ditshego Street</td>
<td>Vosloorus 1930</td>
</tr>
<tr>
<td></td>
<td>011-906-4259 Office</td>
<td>Vosloorus 1930</td>
</tr>
<tr>
<td></td>
<td>011-906-1792 Alt Office</td>
<td></td>
</tr>
</tbody>
</table>
and couples counselling service.
Offering individual counselling for children, youth and adults.

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.

Worcester

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

Wynberg

Support 011-885-3332
Counselling to support victims and the perpetrators of domestic violence
Presentations to the community
Awareness programs
Training for professionals.

FAMSA
83 Tulbach Street
Worcester 6850
023-347-5231 Office

FAMSA
Koppie Alleen Road
Welkom
057-352-5191 Office

Emergency Line 082-444-4191
Trauma Centre for Survivors of Violence.
126 Chapel Street
WoodStock 7925
Cape Town
021-465-7373 Office

Support 011-885-3332
Agisang Domestic Abuse Prevention and Training ADAPT
128 2nd Street
Oliver Tambo Centre
Wynberg
011-885-3332 Office / Support

www.famsa.org.za/
info@trauma.org.za
www.trauma.org.za
famsaworc@telkomsa.net
www.famsa.org.za/
www.adapt.org.za/