

List of Mental Health Resources in South Africa (These details may have changed):

Name	Contact Number	Website
Autism South Africa	011 484 9909	https://www.autismsouthafrica.org/
AIDS Helpline	0800 012 322	
Alcoholics Anonymous	0861 435 722	https://www.aasouthafrica.org.za/
Childline	08000 55 555	https://www.childlinesa.org.za/
Cape Mental Health	021 447 9040	http://www.capementalhealth.co.za/
Central Gauteng Mental Health	011 614 6855/6	http://www.witsmhs.co.za/
Durban and Coastal Mental Health	031 207 2717	http://dcmh.org.za/
Gift of the Givers Careline	0800 786 786	https://www.giftofthegivers.org/
Gender Based Violence Command Center	0800 428 428	
Lifeline	0861 322 322	https://www.lifelinesa.co.za/
Laudium Mental Health	012 374 2100	lmhs@mailbox.co.za
Limpopo Mental Health	015 307 4732	
Mpumalanga Mental Health	017 631 2505	https://www.facebook.com/pg/Mpumalanga-Mental-Health-Society-368310533274266/posts/
Narcotics Anonymous	083 900 6962	https://www.na.org.za/
North Gauteng Mental Health	012 332 3927	https://www.ngmh.org.za/
North West Mental Health	018 297 5270	
Northern Cape Mental Health	053 841 0537	
Northern Free State Mental Health	057 352 1046	
Pietermaritzburg Mental Health	033 392 7248/9	http://www.pmbmhs.org.za/
Port Elizabeth Mental Health	041 365 0502	https://web.facebook.com/Port-Elizabeth-Mental-Health-392308054214367/?_rdc=1&_rdr





Bianca Kitching
Registered Counsellor in Private Practice
Reg No. PRC 0045829 (HPCSA)
Practice No. 1312537
Cape Town, South Africa
www.counsellingbybianca.com

Rehab Mental Health	043 722 1811	
Southern Free State Mental Health	051 444 0212/3	
South African Depression and Anxiety Group (SADAG)	0800 567 567	
SANCA	011 892 3829	https://www.sanca.org.za/
SABDA	011 326 0661	https://www.sabda.org.za/
SASSA Call Centre	076 694 5911	https://www.sassa.gov.za/
SA Federation for Mental Health	011 781 1852	http://www.safmh.org.za/
Tough Love	0861 868 445	https://www.toughlove.org.za/
Uitenhage Mental Health	041 922 8025	
Vaal Triangle Mental Health	016 931 2910/1	https://www.vaalmentalhealth.co.za/#page-content
Zululand Mental Health	035 787 0146	

contact us



Phone: 074 202 9518



Email: kitchingbianca@gmail.com