

List of Mental Health Resources in South Africa:

Name	Contact Number	Website
Cape Mental Health	+27 (0) 21 447 9040	http://www.capementalhealth.co.za/
Central Gauteng Mental Health	+27 (0) 11 614 6855/6	http://www.witsmhs.co.za/
Durban and Coastal Mental Health	+27 (0) 31 207 2717	http://dcmh.org.za/
Laudium Mental Health	+27 (0) 12 374 2100	Mail :lmhs@mailbox.co.za
Limpopo Mental Health	+27 (0) 15 307 4732	
Mpumalanga Mental Health	+27 (0) 17 631 2505	https://www.facebook.com/pg/Mpumalanga-Mental-Health-Society-368310533274266/posts/
North Gauteng Mental Health	+27 (0) 12 332 3927	https://www.ngmh.org.za/
North West Mental Health	+27 (0) 18 297 5270	
Northern Cape Mental Health	+27 (0) 53 841 0537	
Northern Free State Mental Health	+27 (0) 57 352 1046	
Pietermaritzburg Mental Health	+27 (0) 33 392 7248/9	http://www.pmbmhs.org.za/
Port Elizabeth Mental Health	+27 (0) 41 365 0502	https://web.facebook.com/Port-Elizabeth-Mental-Health-392308054214367/?_rdc=1&_rdr
Rehab Mental Health	+27 (0) 43 722 1811	
Southern Free State Mental Health	+27 (0) 51 444 0212/3	
Uitenhage Mental Health	+27 (0) 41 922 8025	
Vaal Triangle Mental Health	+27 (0) 16 931 2910/1	https://www.vaalmentalhealth.co.za/#page-content
Zululand Mental Health	+27 (0) 35 787 0146	
Tough Love	0861 868 445	https://www.toughlove.org.za/
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/
POWA	076 694 5911	https://www.powa.co.za/
OUT Helpline	0860 688 688	https://www.out.org.za/

Narcotics Anonymous	083 900 6962	https://www.na.org.za/
LoveLife	0800 121 900	https://www.lovelife.org.za/
Lifeline	0861 322 322	https://www.lifelinesa.co.za/
Gift of the Givers Careline	0800 786 786	https://www.giftofthegivers.org/
Gender Based Violence Command Center	0800 428 428	
COVID-19 Counselling	0800 786 786	
Childline	08000 55 555	https://www.childlinesa.org.za/
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/