



MAPPING OF MENTAL HEALTH AND

PSYCHOSOCIAL SERVICES FOR CHILDREN

(INCLUDING CHILDREN ON THE MOVE) IN THE WESTERN CAPE

COMPILED BY THE SCALABRINI CENTRE OF CAPE TOWN, NOVEMBER 2021



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INTRODUCTION

This document has been compiled by the Scalabrini Centre of Cape Town in order to map various services available to children, including children on the move, in respect of mental health and psychosocial support. The document has adopted a wide interpretation of mental health and psychosocial support services so that it includes more conventional mental health programmes and support, such as the SA depression and anxiety group, as well as other wellbeing personal development-related programmes.

It is acknowledged that this mapping project is a living document and will need to be updated from time to time as resources and offerings change, as well as if services are added or discontinued. It is recommended that a review is done on at least a yearly basis in this regard.

ACKNOWLEDGEMENTS

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A NOTE ON THE USE OF THIS MAPPING DOCUMENT

This document provides the name and contact details as well as a brief description of services of a selection of organisations offering different mental health and psychosocial support services in the Cape Metropolitan area. Where available, email and telephone contact details have been provided as well as a website. The description of each service provider has been informed by the service provider's website.

While longer descriptions are provided in the main part of this document, the Table of Contents has been designed to also provide a quick reference to the name and contact details of each organisation or service provider. It is recommended that should a reader wish to find out more about a specific service, that they contact the service provider directly.

ADONIS MUSATI PROJECT

Contact | 021 762 4886 | admin@adonismusatiproject.org | 21 Church Street, Wynberg

Adonis Musati Project (AMP) seeks to empower marginalised refugees and migrants in South Africa through fostering sustainable support networks and encouraging personal development that achieves lasting change. AMP has a Youth Empowerment Programme that seeks to support young people and build their self-esteem so that they can reach out and help others. The AMP Youth Empowerment Programme takes a holistic approach to supporting young people.

- Youth empowerment programme – This program has support groups that are co-led by young people and AMP youth facilitators, leadership and peer educator training, holiday workshops (including sports and art), and tutoring.
 - It also consists of a 10-week psycho-social, educational, and rights-based programme that provides a safe space for girls and boys to process trauma and difficulties, provides skills for self-advocating, and education regarding the rights of refugee and asylum seeker children, prevention, and response to SGBV, HIV, and sexual and reproductive health (age specific).
 - Camps and programmes during school holidays which include South African youth.
 - Bi-annual youth leadership training.
 - Digital Storytelling.
 - Auxiliary services such as extra murals, art therapy, individual counselling, and health screening.
- Building Bridges – This programme is focused on building social cohesion between young asylum seekers, refugees, and South African peers. It realizes that many South African young people are also vulnerable, and the aim is that youth can heal together and build bridges in their communities based on shared experiences.
- Youth-led transformative story work – An integral part of the work with young people involves creating space for their stories. AMP does this within support groups and arts-based practices that enable creative expression. Creative storytelling helps young people to have control over the narratives that shape their identities and the tools to build their sense of self and pathways towards belonging. It is a process that through listening and learning aims to drive personal and collective transformation in young lives.

ARISE CHILDRENS MINISTRY

Contact | 021 633 4058 | Arise Family Centre, 68 Groenberg Road, Heideveld, Cape Town

Arise is a faith based NPO based in the community of Heideveld in the Cape Flats, Cape Town, and is inspired to help families that crumble in the community under the weight of poverty, crime, social injustice, and abuse. Arise aims to strengthen family units through various programmes. It works with both children and parents or caregivers to counsel, strengthen, and equip families so that they can be a place where children feel safe, loved, and find a sense of belonging.

- Family strengthening services – Arise believes that every child deserves to grow up in a thriving family and that strengthening families, results in strengthened communities. This program has Family Strengthening Kits to help grow attachment and build existing relationships between caregivers and their children by providing opportunities for connection through communication, emotional support and problem solving while also encouraging consistent parenting. The kits contain therapeutic and support groups, fun, interactive activities for families to do together and their focus is on 5 areas: Family Time, Encouraging Learning at Home, and Coping with Emotions, Managing Behaviour, and Hard Conversations.
- Consulting services – This program offers training, consulting and guest speaking services. Training services are available in Cape Town, Johannesburg and Durban, Their role is to equip other professionals to run Arise programmes within their own context and spheres. Some of the programmes that professionals are trained in include, Finding Feelings, Fierce, and Man in the Mirror. Each trainer will be given a copy of the programme manual, all the handouts used, and lists of resources needed to facilitate the programme. The workshops involve group discussion, small group activities, reflection activities, and experiential learning.

CAPE MENTAL HEALTH

Contact | 021 447 9040 | 18 & 22 Ivy Street, Observatory, Cape Town

Cape Mental Health is committed to challenging socially restrictive and discriminatory practices affecting the mental health of all people. Their work is underpinned by a commitment to quality, excellence and professionalism at all times. Cape Mental Health runs awareness, education, counselling and training programmes aimed at helping people enjoy good mental health.

- Social work services – Cape Mental Health offers a range of social work services to people with intellectual disability and those with psychosocial disability. Holistic, family-focused services are offered across the greater Cape Town area as well as in peri-urban and rural areas.
- MindMatters – MindMatters is a comprehensive school mental health promotion project that is being implemented with the learners and educators of Ocean View and Zeekoevlei Secondary Schools to improve resilience and coping skills.

CHILDLINE WESTERN CAPE

Contact | 021 762 8198 | info@childlinewc.org

Childline South Africa provides assistance through a 24-hour helpline and therapeutic services for children who have been victims of violence. It also engages in several education and awareness raising programmes.

- Developing appropriate social services including a 24-hour toll-free helpline and supportive therapeutic social services for children who have been victims of violence, and their families.
- Education and awareness raising programmes facilitating the prevention of violence against children.
- Networking to establish strategic alliances with the aim of advocating for policy changes that will facilitate good management practices for abused children.

COMMISSIONER FOR CHILDREN, WESTERN CAPE GOVERNMENT

Contact | The Commissioner can be contacted via the website [here](#)

The Western Cape Children's Commissioner is an independent institution within the Western Cape provincial government, and reports to the Western Cape Provincial Parliament. The Commissioner is responsible for protecting and promoting the rights, needs and interests of children in the province, and working with the Departments of Education, Health, Social Development and Cultural Affairs and Sport in order to do so. While the Commissioner doesn't offer direct mental health and psychosocial services, the Office of the Commissioner has monitoring, investigative and research functions.(4)

DIVISION OF CHILD AND ADOLESCENT PSYCHIATRY

Contact | 021 685 4103 | dcap@westerncape.gov.za | 46 Sawkins Road, Rondebosch, Cape Town

The Division of Child and Adolescent Psychiatry renders clinical services, consultation, education, training, and research as core activities. The clinical services associated with the Division of Child and Adolescent Psychiatry are based at Red Cross War Memorial Children's Hospital and Sawkins Road. The Division of Child and Adolescent Psychiatry is a tertiary service, and only Level 3 patients can access services.

Level 3 Constitutes the following:

- Deal with moderate to severe or complicated psychiatric disorders needing a Child and Adolescent Psychiatrist, psychologist, and MDT members.
- First episode psychosis.
- C & A psychiatric disorders not responding to treatment at level 2.
- C & A neuropsychiatry (including complex neurodevelopmental disorders).
- C & A consultation or liaison psychiatry.
- Parent-infant mental health services.
- Support services of Level 1 and level 2.

FAMILIES SOUTH AFRICA WESTERN CAPE (FAMSA)

Contact | Observatory (Head Office): 021 447 7951 | famsa@famsawc.org.za | Further five branches on website

FAMSA Western Cape is a non-profit organisation (NPO) specialising in relationship counselling. FAMSA believes that “healthy families create healthy communities” and are the foundation of our society. They also believe that families provide a favourable environment where family members can develop to their full potential, develop positive identities, and form a set of values that serve as a frame of reference for life.

- Bereavement Counselling – This program helps people to cope with loss, grief, and bereavement. It can be the loss of a relative, family member pet or loss from stillbirths, miscarriage, and abortions. The organisation also offers sessions to groups, families, and organizations where there is an opportunity for sharing what the deceased meant in their lives.
- Divorce counselling – The program guides families through the process of divorce and helps with support within the family. It recognizes that the divorce/ separation process can be traumatic, for children and other family members. FAMSA also offers a mediation service to help partners make important decisions regarding children, access, finances, and other important decisions that need to be made throughout the divorce process.
- Domestic violence counselling – The program recognizes the impact that domestic violence can have on the various members of the family and offers counselling to anyone who has been affected by domestic violence including children.
- Trauma debriefing, support, and counselling – The program helps people make sense of a traumatic experience, focusing on understanding reactions of the mind and body. The counsellors also help people to look at how to cope with the effects of the traumatic events and how to begin the healing process. It does not have to be recent trauma, there is no timeframe to when the events should have happened.

FOUNDATIONS FOR LIFE

Contact | 072 340 5958 | info@foundationsforlife.co.za | 2 Hemyork Road, Plumsted

Foundations for life is a holistic multidisciplinary practice situated in the Southern Suburbs of Cape Town. Their practice is home to Counsellors, Psychologists, Play Therapists, Occupational Therapists and Speech Therapists. Foundations for Life gives those who come through its doors the opportunity to get all the support needed under one roof. They offer families, parents, children, adolescents, and individuals a non-judgmental place of empathy, support and caring.

- **Man in the mirror** – A resilience building programme to help boys make choices today for the men they want to be tomorrow. The programme consists of 7 sessions, focused on developing resilience, self-awareness, problem-solving and decision-making skills, understanding goals and fostering empathy.
- **Fierce** – A self-esteem development programme for girls. The programme consists of 6 sessions of strength-based, self-esteem development workshops. Each session focuses on a specific topic covered in a 60-minute session, building on each previous topic, week to week.
- **Finding my feelings** – An emotional literacy programme for Grade 1 & 2 and Grade 3 & 4. The programme consists of 6 sessions of strength-based, emotional literacy development workshops. Each session builds on the previous session's objectives to further the overall development of the children's social and emotional skills.
- **Study skills** – Helps children and adolescents develop sound study skills techniques, coping with stress and anxiety, organising and planning, and effective study methods
- **Therapy with Meg / Play therapy** – through role playing, painting, storytelling, and playdough-modelling or doll play, children find outlets for their anger, sadness, or fear. By projecting their emotional conflicts, children are able to confront their fears indirectly, at a safe distance.
- Services are provided at a cost.

HOPE HOUSE COUNSELLING CENTRE

Contact | 021 715 0424 | 14 Silverhurst Way, Bergvliet | Further branches on website [here](#)

Hope House offers counselling, addictions support and training to the people of Cape Town, South Africa. It is a Christian based organisation that is passionate about welcoming people of all races, religions, cultures to seek care and counselling.

- **Counselling** – Hope House offers counselling to individuals on any range of topic, for example grieving a loss, going through divorce or addiction. It offers couples and family counselling as well. Hope House works extensively with adolescents and children, and they focus on a method called ‘play therapy’ that works well with these groups. They are one of the few counselling centres that counsels children as young as 3 around issues caused by divorce, death, and other challenges. Clients are offered sessions of one hour in length, these sessions are in return for a donation of the client’s choice made to Hope House.
- **Community Based Treatment** – Hope House runs a Community Based Treatment Programme with selected youth who seem vulnerable or have already dabbled in drugs. Small groups of children are counselled and educated in a group setting for 12 weeks. In this time, they are educated about the dangers of drugs, speak about deep hurts, and show them wise alternatives. While many of the learners who attend the course have already experimented with substance use, Hope House intervenes and teaches them tools to withstand the pressures that they face as well as making them aware of the dangers of continued use.

INALA MENTAL HEALTH FOUNDATION

Contact | 060 975 3855 | siddeeqa@inala.org.za | 1 Roseberry Road, Mowbray, Cape Town

Inala is a registered non-profit company focusing on mental health and wellbeing. Inala believes that by shifting the mental state of an individual, they can impact directly on their ability to make positive choices, actions, and relationships. They offer mental health intervention methods to individuals, groups, and families. They also have a family-centred approach, as they work with the individual and their closest support system in order to have a more impacting and sustainable change effect.

- Youth empowerment – The aim of the program is to support and help young people – particularly, young girls in developing their ability to analyse their own strengths and weaknesses, in order to equip them to be able to set personal and vocational goals. The girls that get assistance from the program struggle with issues such as childhood trauma, bullying, body-image which often results in depression, failure in school, and self-destructive behaviour. The program hopes to boost their self-esteem, confidence, motivation, and determination to rise above their circumstances, while breaking down their limitations. The program strives to offer young people a different point of view – an alternative.
- Entrepreneurship mindset – The program selects students from its other programs and through the entrepreneurship mindset program helps them develop communication and business skills. The aim of the program is to cultivate a close-knit group that will grow, challenge one another, hold each other accountable and become positive leaders in their own schools and wider communities, as well as develop the entrepreneurial skills needed to tangibly pave a positive future for themselves and their families.
- Camp and wilderness therapy – The program takes participants that they work with, on a wilderness camp. Wilderness is an essential part of the other programs being run by Inala. The program aims to remove participants from their usual routines and the hustle and bustle of the city into the wilderness where they are led to be vulnerable, reflect on their lives with the help of nature, and connect with their true selves. Participants are encouraged to write down their thoughts in a handbook thing they never speak about, for example pain, hurt, disappointment, and trauma.
- Gender based violence prevention – South Africa has one of the highest levels of violence committed by men against women and children. The program aims to take preventative action by engaging with boys and creating spaces for them to feel safe, speak about their own pain and trauma, and ultimately find healing. In addition to the weekly programming, the boys are also taken on the camp mentioned above they are engaged in deep-dive therapeutic processes.

JELLY BEANZ

Contact | 021 556 2456 | 253 Blaauwberg Road, Table View, Cape Town | www.jeallybeanz.org.za

Jelly Beanz is an organisation that assists children who have experienced abuse and neglect. It is a not-for-profit organisation offering support to children and families who have experienced trauma. It does this by offering direct therapeutic services to children and families as well as through development of resources to support interventions, offer training and mentorship to professionals working with children and advocating for service delivery to children who have suffered trauma and abuse. Projects and programmes include:

- Direct services:
- Therapeutic services for children who have experienced abuse, trauma or neglect and for their caregivers.
- Therapeutic interventions for children with inappropriate sexual behaviours.
- Sexuality and abuse awareness programme for children (Grades R to 1).
- Training and mentoring.
- Development of resources, including resources such as [Our Bodies; Voices of Hope: Healing Stories for Africa's Children](#); and [Reaching out to Africa for our Children – Our Response to Child Trauma](#).
- Conferences, including the Annual Child Trauma Conference which Jelly Beanz hosts and which has been expanded from national to the African Region.

LENTEGEUR CHILD AND FAMILY UNIT

Contact | 021 370 1111 | Lentegeur Hospital, Highland Drive, Mitchell's Plain

Lentegeur Hospital (LGH), situated in the heart of Mitchells Plain on the Cape Flats, provides a wide variety of services to the areas it drains, which include all patients from the largely uninsured populations of the Khayelitsha- Eastern and Klipfontein-Mitchells Plain substructures of the Cape Metropolitan District. It also has a large rural drainage area. The Lentegeur Child and Family Unit provides services to children.

MILES FOR SMILES (CIPLA) / OPERATION SMILE

Contact | 021 447 3608 | 5 Wycroft Road, Observatory

Cipla South Africa is one of the largest pharmaceutical companies in South Africa by volume and the third largest by value. Cipla has a foundation which has the following vision statement: We envision an equitable world, built on the foundation of 'Caring for Life'. The Cipla Foundation – through initiatives in health, education and disaster response – strives to make a tangible difference in people's lives.

- Miles for smiles – Operation Smile is a non-profit organization that provides free corrective cleft lip or cleft palate surgeries to (mostly) children in need across the world. One in 10 children that are born with a cleft will die before their first birthday, and 1 in every 1000 babies in Africa is born with the condition. Research has shown that some children with this condition tend to have behavioral problems, depression, and anxiety.¹³ The corrective surgeries therefore result in the alleviation of these psychological problems.

MOSAIC

Contact | 021 761 7585 | admin@mosaic.org.za

MOSAIC exists to empower women and girl survivors of domestic violence and abuse by creating enabling environments for them and supporting them through their healing process and ensuring that they become positive, and active drivers of change in their own lives.

RAPE CRISIS CAPE TOWN TRUST

**Contact | English: 021 447 9762 | isiXhosa: 021 361 9085 | Afrikaans: 021 633 9229 |
Whatsapp support line: 083 222 5164 | communications@rapecrisis.org.za |
www.rapecrisis.org.za**

The vision of Rape Crisis Cape Town Trust (RCCTT)¹⁶ is that of a South Africa in which women are safe in their communities and where the criminal justice system supports and empowers survivors of rape and other sexual offenses and acts as a deterrent to perpetrators of crime. RCCTT offers counselling and support to rape survivors, training and education, and advocacy and community mobilization. RCCTT also offers counselling in a number of languages, such as English, isiXhosa, Afrikaans, and also Swahili by arrangement.

- Road to recovery – This programme provides a space in which rape survivors in collaboration with their counsellors can figure out how they would like to go forward and be able to make informed decisions for themselves. Road to recovery provides services to anyone from the age of 14 years and upward who is affected by sexual violence – survivors and the people supporting them. It welcomes everyone regardless of gender identity or sexual orientation.
- The services are free of charge.
- One can access the services of RCCTT by contacting the 24/7 helpline available at the following numbers: Observatory: 021 447 9762: Khayelitsha 021 361 9085: Athlone 021 633 9229.
- Making a change – The programme encourages communities to devise innovative prevention strategies, and to build safe spaces within areas, such as communities, schools, and workplaces. It also strives to change attitudes about rape and create a culture of respect for women and girls in South Africa. The Birds and Bees Peer Education project in schools under making a change creates young leaders who help to create positive social norms amongst youth and provide help for learners who have been, or are in danger of, being raped. Leaders undergo a rigorous training course where they learn about the myths that perpetuate sexual violence, how to report rape, and how to organize activities that challenge the attitudes of their peers. Through the programme RCCTT liaises with local social workers to identify schools that are at high risk for sexual violence and collaborate with educators and principals to encourage victims to seek help.
- Court Support – This programme offers pre-trial consultations. Through these the client is emotionally and practically supported for the court process; in addition, there is concerted focus on developing coping methods on how to manage the whole court process. RCCTT believes that a client who receives court support will have been empowered with information to know what their court process entails, what will be expected of her or him; and the client will be emotionally prepared to give a strong testimony and see the case through to completion.

RED CROSS WAR MEMORIAL CHILDREN'S HOSPITAL

Contact | 021 685 4103 | Klipfontein Road, Rondebosch, Cape Town

Red Cross War Memorial Children's Hospital is South Africa's only dedicated child health institution and offers a comprehensive range of specialist paediatric services to children. Children from all nine provinces of South Africa and from all over Africa are referred to the Hospital by referral hospitals, clinics and smaller hospitals. All referrals need to come via community health clinics or district hospitals and through the district mental health team professionals. Self-referrals are not accepted.

- The Child and Adolescent Outpatient Service – Provides assessments and treatment including individual, family and group therapy to children and adolescents (until aged 18 years) with a range of emotional and/or behavioural problems.
- The Infant Mental Health Service – Provides services to infants under the age of three years and their parents.
- The Neuropsychiatry Clinic – Sees children and adolescents with complex neurodevelopment disorders and comorbidities.
- Therapeutic Learning Centre (TLC) – Assesses and treats children aged 6 to 12 years, who have not benefited sufficiently from outpatient interventions. Children attend as day or inpatients. The service offered at TLC includes a school programme, individual and group therapy, parenting, and family work within a ward therapeutic milieu. Parents are involved in treatment. Referrals to the TLC are via Child and Adolescent outpatient Psychiatry services (mentioned above on bullet point number 1).

REGIONAL PSYCHOLOGICAL SUPPORT INITIATIVES

Contact | 011 886 1581 | info@repssi.org

REPSSI is a renowned pan-African organisation that has been providing holistic psychosocial care and support to girls, boys, and the youth in East and Southern Africa. REPSSI's assistance includes providing easy-to-use, evidence-based, and culturally appropriate tools, and sharing innovative approaches. It trains partners to provide social and mental health services to children, youth and their families and communities. REPSSI also develops activities and tools that can be used with children, youth, communities, and families. Through REPSSI programs children and youth who enjoy psychosocial and mental wellbeing are able to thrive, respond to life's shocks and challenges and find opportunities in a complex and fast-changing world.

- In South Africa REPSSI has partnered the Department of Social Development, The South African Human Rights Commission, Africa Tikkun, Save the Children, and the Nelson Mandela Children's Fund, in programmes such as "Making Our Community Safe" and the "Say No To GBV" programmes in Orlando and Diepsloot. REPSSI has also trained teachers, social workers, principals, and school governing bodies of primary and high schools to improve the psychosocial environment in schools

SALESIAN INSTITUTE YOUTH PROGRAMMES

Contact | 021 425 1450 | info@salesianyouth.org.za | 2 Somerset Road, Green Point, Cape Town

Salesian Institute Youth Projects works in youth education and skills development, changing the lives of vulnerable children and youth-at-risk in and around Cape Town, South Africa. The skills acquired while at the SIYP can break the cycle of poverty – in particular, when older youth are assisted with job placements that offer new and life-changing opportunities. There are four main projects for youth at risk in the greater Cape Town area.

- Lean to leave school of skills programme (4-year duration) – Many of the children and youth in this programme have dropped out of school or never attended in the first place. The programme caters for children between the ages of 14 and 18. This programme takes a project-based learning approach which is an instructional approach designed to give students the opportunity to develop knowledge and skills through engaging projects set around challenges and problems they may face in the real world. The current vocational workshops on offer are, hospitality, hairdressing, electrical, woodwork and timber.
- Waves of change – The programme is to empower disadvantaged and unemployed youth between the ages of 18–35 years from Cape Town and surrounding areas by preparing them to find work in the maritime industry. Consists of a 2-week life skills program and graduates go on to complete Safety and Familiarisation Courses, obtain their Medical Certificates, Seaman’s Record Book, and other requirements to become seafarers.
- Porsche ptrc-za mechatronics programmes – The programme offers a world-class Automotive Service Mechatronics Course that runs over three years. The programme is being jointly implemented by the Salesian Institute Youth Projects and the local Porsche importer. The learning content equips the trainees to diagnose, repair and service the motor vehicles of today and tomorrow across the Volkswagen Group, which includes Porsche, Audi, Volkswagen, Bentley, and Lamborghini.
- Neets Employability programme – The NEETs programme is a term used for youth Not Employed, in Education or Training (ages of 18 to 25) from disadvantaged communities. By providing a critical service to NEETs through an intervention strategy that combines Life Skill Training with Vocational Skill Training, packaged in an innovative approach to student centered education that empowers the individual, culminating in employment opportunities. Students circulate through the STEMspace, MAKERspace and MADDspace for the duration of the programme – module specific. Each intake will complete 3 modules that covers 16 weeks per module. Project Based Learning forms the foundation of each teaching and learning experience. This is a 12-month programme and currently in pilot phase.

SCALABRINI CENTRE OF CAPE TOWN

Contact | 021 465 6433 | 47 Commercial Street, Cape Town | childprotection@scalabrini.org.za

The Scalabrini Centre of Cape Town offers a range of services, particularly for adults. These include a Welfare Programme, Employment Access, UpLearn, Women's Platform, English School, UNITE and Advocacy. The Advocacy Programme has a Children's Rights Project, and housed within this project is a social worker who provides counselling to families and children. The UNITE programme offers a leadership development programme in several high schools throughout the greater Cape Town area.

The Scalabrini Centre is also linked to Lawrence House which is a registered Child and Youth Care Centre providing care to youth from migrant backgrounds or who have experienced trauma. These youth must be placed at Lawrence House through the statutory process mandated by the Department of Social Development Western Cape.

SOUTH AFRICAN DEPRESSION & ANXIETY GROUP (SADAG)

Contact | Suicide crisis line: 0800 567 567

SADAG is the leading voice of patient advocacy in the mental health sector, working in urban, peri-urban and the most rural communities across South Africa. SADAG is at the forefront of increasing psychosocial education and training at various levels which involves the training of support group leaders, peer counsellors at a lay counselling level, progressing to the training and development of recognised mental health counsellors in the healthcare sector. SADAG offers counselling services and resources on mental health.

- Line counselling and referral call centre – The call centre receives up to 400 calls per day from people throughout the country needing help and referrals for various mental health issues including Depression, Anxiety, Bipolar Disorder, Trauma, Teen Pregnancy, Substance Abuse and Suicide. SADAG also runs the only Suicide Crisis Call Centre offering crisis intervention and help for people who are threatening or attempting suicide. Their helplines are manned by 100 volunteers, seven days a week from 8 am to 8 pm every day of the week including public holidays.
- Suicide Crisis Line – 0800 567 567.
- Mental Health Line – 011 234 4837.
- Cipla WhatsApp Chat Line (9am-4pm, 7 days a week) 076 882 2775.

SOUTH AFRICA EDUCATION PROJECT (SAEP)

**Contact | 021 447 3610 | info@saep.org | Unit B15, Waverley Court, 7 Kotzee Rd,
Mowbray and SAEP ECD Resource Centre, Beautiful Gate, Stock Road, Philippi**

SAEP is a registered non-profit based in Mowbray, Cape Town, South Africa. They provide holistic education through academic tutoring, extended experiential learning, life skills, and psycho-social support for children and youth through their five learning programmes. SAEP's aim is to offer a holistic experience to children and young people to prepare and motivate them to become confident and well-educated independent adults who can support their families and contribute to communities. SAEP's programmes intervene at three critical phases in the educational journey which are the foundation phase, high school phase, and post matric programme.

- Early Childhood Development – The Programme works with centers to help them qualify for government registration and subsidies and to become self-sustainable. This is done with the aim of making them better at delivering early learning services to children in Philippi. The ECD Resource Centre operates from Philippi where it is easily accessible to beneficiaries in the area.
- Siyakhathala Primary Programme – This consists of after-school sessions that are provided to grade 3 and 4 students at the Siyakhathala Primary School in Philippi. Its aim is to strengthen their literacy skills and to promote a love for reading and learning. It also entails the use of circle time activities to develop the learners' emotional vocabulary and give them useful ways to deal with social and emotional aspects of their lives in a positive way.
- Hope Scholars – The programme provides life skills and stimulating extra-mural outings over weekends and during the holidays. The aim is to develop environmentally conscious and responsible young people and to equip them with health education, information about human rights and responsibilities, career guidance, and to broaden their general knowledge and interest in furthering their education.
- Bridging year – The programme is open to post-secondary students from all areas of Cape Town and applicants are assessed on their Grade 12 results and factors such as resilience, independence, confidence, commitment to serve others and determination to succeed. The programme includes computer skills training, counselling and referral when necessary, support group sessions, community service, and preparation for high education.
- Tertiary support – The programme provides support to students who have demonstrated the potential to succeed, but who are at risk of not completing their studies due to a variety of psycho-social and economic challenges. It matches tertiary students with graduate advisers who keep regular contact and can provide guidance and support. In addition, the programme offers counselling, job shadowing internships, life skills workshops, and helps students in their applications for bursaries and scholarships.

THE CAPE TOWN DRUG COUNSELLING CENTRE

Contact | Atlantis: 021 571 7180 | atlantis@drugcentre.org.za | Observatory: 021 447 8026 | ctdcc@iafrica.com | Mitchells Plain: 021 397 0103 | hazel@drugcentre.org.za and info@drugcentre.org.za

The Cape Town Drug Counselling Centre's (CTDCC) is an outpatient center providing confidential assistance to individuals and families experiencing problems with drug use. Their mission is to treat and rehabilitate substance users and those directly affected to bring about Transformation and Recovery. To refer a client to CTDCC one needs to complete a form and include all details necessary for the referral process. The client is required to make an appointment to the relevant branch where they seek to check for appointment availability and receive services. There are three branches in different locations and the contact details of these have been indicated above.

- Addiction treatment for adolescents – adolescents are more likely than any other age-group to be offered drugs and may be pressurized to experiment. Adolescence is a challenging phase of development.
- CTDCC offers a program tailored for adolescents. It includes individual and family counseling; an activity-based group designed to assist adolescents in making better choices; and a Drama therapy group to develop self-awareness and process emotions. Drug testing also forms part of the program. Family involvement is important for all our clients, but particularly so for adolescents. The program values family involvement and encourages families to attend a one-morning Family Workshop, to equip themselves with the understanding and skills to manage the addiction.
- Abuse prevention for teenagers – The program is aimed at educating adolescents in schools and other educational facilities about substance abuse. The program entails 45 minutes to an hour talks that encourage learner participation. The information is for empowering learners and is based on the belief that being forewarned is being fore-armed.
- Topics covered by the program include, most common illicit drugs, risk & protective factors, genetic factors, the psychological toxicity of modern adolescence, mental health and substance use, social skills, the family, and peer groups.
- CTDCC Charges R100 per week fee for its services. This does not include drug tests, which must be purchased separately. If people have financial problems, CTDCC finds a way to work out something so that they may still access services. They believe that their client should take responsibility for paying for treatment. They state that a drug abuser can spend R100 a lot easier on a drugs than on rehab, hence the request for payment from the client is part and parcel of the reformation process.

THE COUNSELLING HUB

Contact | 021 462 3902 or 067 235 0019 | info@counsellinghub.org.za | 52-54 Francis Street, Woodstock

The Counselling Hub identifies itself as providing affordable basic mental health care services. It endeavours to close the mental health gap reflected in that only 1 in 4 South Africans suffering from a mental health illness or disorder will receive some form of care. Counselling Hub is located in Woodstock and services the surrounding communities of Zonnebloem, Salt River, and Observatory. It encourages referrals and it aims to bring the skills of volunteers, students in training and professionals to the centre in order to provide quality counselling, supervision, and mental health resources. The Counselling Hub will also be conducting research with the goal of delivering evidence-based interventions and to examine how awareness of community-level mental health programmes can be increased.

- Individual counselling – The Counselling Hub provides short-term individual counselling and group workshops. The majority of support is delivered by volunteers most of whom are students undergoing professional supervision as part of their training. The programme also partners with professional counsellors and psychologists who offer their services in a voluntary capacity. If Counselling Hub is unable to offer assistance through individual counselling refers to an appropriate service provider.
 - Maximum number of 6 sessions and minimum number of 4 sessions. Designed and paced according to the clients needs.
 - Each session has a duration of between 45 minutes to an hour.
 - The cost of counselling is R50/hour. To make an alternative payment plan one may get in touch with Counselling Hub.
 - Bookings can be done through email or phone.
- Group workshops – Through this program Counselling Hub hosts group workshops covering topics ranging from basic life skills, addiction support, gender and sexuality, loss and separation, trauma, and counselling for personal crises.
- Educational workshops and talks – Throughout the year Counselling Hub hosts workshops and talks that relate to mental health at its Woodstock offices. Counselling Hub event updates are posted on its website and social medial pages.

THE TRAUMA CENTRE

Contact | 021 465 7373 | Cowley House, 126 Chapel Street, Woodstock

The Trauma Centre for Survivors of Violence and Torture is a non-governmental human rights organisation that utilises inclusive evidence-based healing processes to address the psychosocial needs of our multiply wounded society.

- Trauma counselling clinic / child protection clinic - The mobile clinic works with children affected by violence and crime. The program targets schools and communities that are experiencing high levels of violence. They provide social workers to specific schools once a week, and their target group is children who have experienced complex and continuous trauma. Children who are not at the target schools can access services through community clinics and the organizations offices that are located at Cowley House in Woodstock.
- Services are free of charge.

TYGERBERG HOSPITAL'S ADOLESCENT PSYCHIATRY UNIT

Contact | 021 938 5454 | laticia.pienaar@westerncape.gov.za | Francie Van Zijl, Dr, Avenue, Cape Town

Tygerberg Hospital's Adolescent Psychiatry Unit is the Western Cape's only tertiary assessment unit for adolescents with psychiatric disorders. The young patients admitted to this unit are referred by regional, district or private sector psychiatry services. A small but very experienced child and adolescent psychiatry team provides specialised diagnostic assessment and initial stabilisation before transferring suitable patients to the psychosis recovery unit at Lentegeur Hospital.

- Most patients admitted to the Unit are suffering from major psychiatric disorders such as schizophrenia or bipolar disorder. Some are admitted because they are at acute risk for self-harm or harm to others. Some have psychiatric symptoms which turn out to be due to general medical illnesses.

WAVES FOR CHANGE

Contact | 087 153 7960 | info@isiqalo.org | 23 Beach Road, Muizenberg

Waves for change recognises the impact stress has on children's health and development. Their mission is to prioritise their well-being and support them in taking agency over their emotions and behaviours, in order to live healthy and happy lives.

- Waves for change has an evidence-based surf therapy programme which is designed to provide youth with the opportunity to have vital experiences which meet their psychological, developmental and well-being needs by:
- Providing access to caring adults and a supportive peer group.
- Building a positive self-concept by independently mastering difficult new tasks such as surfing and meditation.
- Offering respite from the stress caused by the adversity they experience daily.
- Waves for change currently has sites in the following communities: Masiphumelele, Monwabisi, Lavender Hill, Port Elizabeth, East London, Harper, Liberia.