

Produced by
Simnikiwe Xanga
and Luvuyo Maseko



THE YOUTH MENTAL HEALTH SERVICES DIRECTORY 2024

changing the way we're changing the world

UNIVERSITY OF CAPE TOWN





CONTENTS



FOREWORD

Dr. Solange Rosa, Director,
Bertha Centre for Social Innovation & Entrepreneurship

1



THE BURDEN ON YOUTH MENTAL HEALTH

Christina Pereira,
Clinical Psychologist SADAG

3



ORGANISATIONAL PROFILES

18 & Below

General Counselling and Psychosocial Support

Programmatic Interventions (Including psychosocial support)

Substance Abuse

Victims of Abuse Support

5

5

6

11

13

14



CALL TO ACTION

Luvuyo Maseko, Youth Project Lead,
Bertha Centre for Social Innovation & Entrepreneurship

16





FOREWORD

The Importance of Supporting Youth Mental Health in South Africa



Youth mental health is an urgent and critical issue in South Africa, a country facing numerous socio-economic challenges that significantly impact the well-being, of its young population. Addressing youth mental health is essential not only for the immediate well-being of young people but also for the long-term social and economic health of the nation. Although the government has recognised the youth mental health problem in the country, there is a huge gap between policy adoption and effective implementation and resourcing.

South Africa's youth face a myriad of stressors that can adversely affect their mental health. High rates of poverty, violence, and unemployment, coupled with the lasting effects of apartheid, create an environment where mental health issues are prevalent. According to a study by the South African Depression and Anxiety Group (SADAG), an alarming 9% of all teenage deaths are suicide, highlighting the severity of the issue.¹

The socio-economic environment in South Africa contributes significantly to the mental health crisis among the youth. Many young people grow up in communities plagued by high levels of crime and violence, which can lead to trauma and chronic stress. Additionally, the pressure to succeed in an economy with limited opportunities further exacerbates mental health issues. Research indicates that unemployment and economic hardship are strongly linked to depression and anxiety among young people.

Education and awareness are crucial in tackling the stigma associated with mental health issues. Many young South Africans suffer in silence due to a lack of understanding and fear of being stigmatised. Schools and community organizations play a pivotal role in educating young people about mental health and providing them with the resources to seek help. Integrating mental health education into the school curriculum and providing psychosocial support can help students recognize symptoms in themselves and others, and encourage them to seek support early.

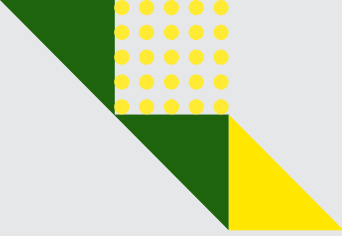
Early intervention is key to preventing long-term mental health problems. By identifying and addressing mental health issues at a young age, it is possible to mitigate their impact on a person's life trajectory. Access to mental health services, including counseling and therapy, can provide young people with the tools they need to cope with stress and trauma. Unfortunately, mental health services in South Africa are often under-resourced and inaccessible to those who need them most. Increasing investment in mental health infrastructure and training more mental health professionals is essential.

Government policies must prioritise youth mental health to create a supportive framework for all other efforts. This includes not only funding for mental health services but also policies that address the root causes of mental health issues, such as poverty, education, and violence. Collaborative efforts between government, non-profits, and the private sector are necessary to develop comprehensive strategies that effectively address the multifaceted nature of youth mental health.

It is in this spirit that the Bertha Centre for Social Innovation and Entrepreneurship, at UCT's Graduate School of Business, has produced this report as part of an overall project to better support youth mental health. The project has three objectives: to emphasize the importance of mental health and psychosocial support for young people, share best practices for psychosocial support, and explore policy-level interventions required to make the delivery and uptake of youth-focused psychosocial support easier.

¹ SADAG (South African Depression and Anxiety Group) (<https://www.sadag.org/>)





And this is why it is even more important for a holistic approach to be adopted. Socioeconomic inequalities and mental wellbeing are all deeply interconnected. This means that other actors including universities, civil society, and the private sector all have a significant role to play in supporting the government by ensuring that policy interventions are founded on hard evidence and to help roll out relevant solutions.

The organisations profiled in this publication are an essential lifeline as they continue to work hard to take on the breadth of youth mental health challenges across the country. We hope that these profiles can create greater collaboration across the sector as well as offer many organisations, and young people, a valuable and much needed resource. This publication also represents the launch of our two part call to action directed at government and youth development programme funders.

If we begin to prioritise mental health and the provision of services that are targeted towards addressing mental health challenges, we can help youth and empower them with the tools needed to be the authors of their own stories. We would also appreciate you supporting our call to action by adding your voice in support for our young people.

It is time for all stakeholders to come together to create a future where mental health is prioritized and every young person can reach their full potential.

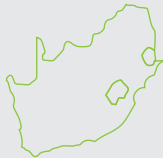
Director
Dr. Solange Rosa



Youth Project Lead
Luvuyo Maseko



THE BURDEN ON YOUTH MENTAL HEALTH



In South Africa, the statistics regarding mental health are not just numbers on a page; they are a stark reflection of the struggles faced by our youth. While it's disheartening to acknowledge, the reality is that 65% of young people in our country are grappling with some form of mental health issue. These numbers, alarming as they are, underscore the urgent need for intervention, not just on an individual level, but on a systemic scale.

What lies at the heart of this crisis are the broader socio-economic challenges plaguing our nation. Factors like poverty, lack of resources, and staggering unemployment rates contribute significantly to the mental health struggles experienced by our youth. With youth unemployment hovering around 59.4%, it's evident that the issue extends far beyond mere personal challenges. It is instead a symptom of a larger, systemic problem.

Adding to the complexity of the situation is the woeful lack of access to mental health care services. Shockingly, the South African Depression and Anxiety Group (SADAG) reports that a staggering nine out of ten individuals in South Africa do not have access to mental health care. This deficiency in accessible care leaves countless young people feeling isolated and helpless in the face of their mental health struggles. It's a dire situation epitomised by the fact that a quarter of calls to SADAG's Suicide Crisis Line are related to suicidal thoughts.

The repercussions of neglecting the mental health of our youth are profound and far-reaching. Without early intervention and diagnosis, these issues can manifest into lifelong challenges, adversely impacting their overall well-being into adulthood. It's abundantly clear that action is needed, and it's needed urgently. The time to address this crisis is not tomorrow or next week – it was yesterday, and the day before that. Every passing day without meaningful intervention further compounds the challenges faced by our youth. We must prioritise mental health care for our young population, ensuring that they have access to the support and resources they need to navigate these turbulent times, while also demanding reform in systemic areas. As the old adage goes, prevention is better than cure.

In conclusion, the statistics paint a sobering picture of the mental health landscape in South Africa, particularly concerning our youth. However, they also serve as a call to action – a rallying cry for systemic change and a renewed commitment to prioritising mental health care for our nation's most vulnerable population. Only through collective effort and unwavering dedication can we hope to stem the tide of this crisis and build a brighter, healthier future for generations to come.

If you or someone you know needs help or support contact SADAG on 0800 567 567 or 0800 456 789 toll-free 24 hours a day, SMS 31393, or WhatsApp 076 882 2775 (8am – 5pm). There is help, and there is hope.

Clinical Psychologist SADAG
Christina Pereira





ORGANISATIONAL PROFILES

18 & BELOW

Butterfly Art Project

In-person support
Free services
Cape Town-Western Cape
021 788 1783

Child Welfare South Africa (HIV testing, treatment, care & prevention)

24/7 helpline
Free services
Nationwide
011 234 4837

Childline South Africa

Telephonic
Free services
Nationwide
0(800)55 555

Earth Child Project

In-person support
Free services
Muizenberg-Western Cape
021 788 3283

Jelly Beanz

In-person support
Low cost
Cape Town-Western Cape
(021)5562456

Red Cross-Division of child adolescent Psychiatry (DCAP)

In-person support
Free services
Cape Town-Western Cape
021 685 4103

TEDDY BEAR CLINIC (Child Abuse support)

Face To Face
Free services
Johannesburg-Gauteng
(011)4844554

Waves for Change

In Person
Free services
Muizenbrg-Western Cape
(087)1537960

Ilitha Labantu

Face To Face
Free services
Gugulethu and Khayelitsha,
Western Cape
021 633 2383 or 021 633 3048

ORGANISATIONAL PROFILES

GENERAL COUNSELLING AND PSYCHOSOCIAL SUPPORT

Akeso Psychiatric Response Unit 24 Hour

Telephonic
Free services
Nation Wide
0861 HELP US (4357 87)

Alexandra Hospital- Intellectual disability

In-person support
Free services
Cape Town-Western Cape
021 503 5000

Befrienders Bloemfontein (Suicide & crisis line)

Telephonic
Free services
Free State
(0027)514445000

Bophelong Psychiatric Hospital

In-person support
Free services
North West
018 383 6700

Cape Mental Health- counselling, pschosocial support and hospital services

In-person support
Free services
Cape Town-Western Cape
021 447 9040

Cape Town Society for the Blind - Disabilities rehab training

In-person support
Free services
Cape Town-Western Cape
021 448 4302

Cecilia Makiwane Hospital- East london

In-person support
Free services
Eastern Cape
043 708 2324

Central Gauteng Mental Health Society

In-person support
Free services
Gauteng 011 984 4038
www.witsmhs.co.za

Cipla 24hr Mental Health Helpline

Telephonic
Free services
National
080 045 6789

Dr Reddy's Help Line

Telephonic
Free services
National
080 021 2223/ 080 045 6789 / whatsapp
number 076 882 2775 (7days a week 8-5pm)
projects@anxiety.org.za reah out to ROSHni

Eating Disorders South Africa

In-person support
Free services
Denmar Psychiatric Hospital
012 338 2543

Elizabeth Donkin Hospital- Gqeberha

In-person support
Free services
Eastern Cape
041 585 2323

FAMSA

In-person support
R20 minimum request,
but no one is turned away
Cape Town-Western Cape
021 447 0170

Gauteng Mental Health

Society
In-person support
Free services
Gauteng 011 614 6855

Grace Counselling

In-person & online
Grief programme-R150
& free online resources
Durban in person/Nationwide
online
031 003 1830
www.gracecounselling.org.za

Gugulethu Community Clinic

In-person support
Free services
Gugulethu-Western Cape
021 444 6059/67

Have Hope Chat Line

WhatsApp line
Free services
Nationwide
087 163 2050

Hayani Psychiatric Hospital

In-person support
Free services
Limpopo
015 963 1208

Helen Joseph Hospital- Psychiatry clinic

In-person support
Free services
Gauteng
011 489 1011

Hope house counselling

In-person support
Free but a donation of R120 per counselling
session is appreciated
Cape Town-Western Cape
021 715 0424

Humanitas- Counsel

Confidently
Telephonic
Free services
Nationwide
071 247 6656/082 541 4357

I Am Youth

Telephonic
Free services
Cape Town-Western Cape
076 037 6345 (WhatsApp,SMS or Call)

Imani facility

In-person support
Cost (private facility)
Cape Town-Western Cape
021 761 0740

Inzame Zabantu Community Health Clinic

In-person support
Free
Philippi-Western Cape
021 374 6063

Ithemba House/ ward 9- in-patient mental health stepdown facility

In-person support
Free services
Cape Town-Western Cape
021 8265832

Jubilee Health Centre-Testing & Counselling

In-person support
Free services
Cape Town-Western Cape
021 447 3630

Komani Mental Health Hospital- Queenstown

In-person support
Free services
Eastern Cape
0458588400

Lentegeur Hospital- Mental illness or intellectual disability

In-person support
Free services
Cape Town-Western Cape
021 370 1111/1408

Lifeline South Africa

In-person & online
Free services
Nationwide
0800 150 150

Mafikeng Provincial Hospital

In-person support
Free services
North West
018 383 6700

Maybelline Brve Together

WhatsApp line
Free services
Nationwide
087 163 2030

Mental Health Information Line- Department Of Health

Telephonic
Free services
Nationwide
080 056 7567

Morgan Mitchell

In-person support
Cost depends on individul cases-free sessions possible
Cape Town-Western Cape
074 196 0166

Mpumalanga Mental Health Society

In-person support
Free services
Mpumalanga
081 451 6788

New Beginnings- in-patient mental health stepdown facility

In-person support
Free services
Cape Town-Western Cape
021 940 4400

NPower SA HELPLINE (NPO's & NGO's)

Telephonic
Free services
Nationwide
080 051 5515

Papillon recovery centre

In-person support
Cost (private facility)
Gauteng
072 811 6112/ 086 004 2559
www.papillonrecoverycentre.co.za
enquiries@papillonrecoverycentre.co.za

Parenting Centre-counselling for individuals & groups

In-person support
Free services
Cape Town-Western Cape
021 762 0116

Pelonomi Hospital

In-person support
Free services
Free State
051 405 1911

Pietermaritzburg Mental Health

In-person support
Free services
KwaZulu-Natal
033 392 7240

SA Federation for Mental Health- Tzaneen

In-person support
Free services
Limpopo
015 307 5941

SADAG Whatsapp Line

24/7 helpline
Free services
Nationwide
800567567

Schizophrenia and Bipolar Disorder Alliance (SABDA)

In-person support
Free services
Sandton/Nationwide
011 326 0661

Sopiatown community Psychological Services

In-person support
Free services
Johannesburg-Gauteng
011 482 8530/ 078 050 0052

South African Federation of Mental Health

Telephonic
Free services
Nationwide
011 781 1852

Stikland Hospital- Psychiatric illnesses

In-person support
Free services
Cape Town-Western Cape
021 940 4400/4403

Suicide Crisis Helpline

24/7 helpline
Free services
Nationwide
080 056 7567

Stop Women Abuse

Telephonic
Free services
Nationwide
0 (800) 150 150

The Counselling Hub

Telephonic
R50
Cape Town-Western Cape
021 462 3902/067 235 0019

The South African Red Cross Society

In-person support
Free services
Randburg-Gauteng
071 904 6970

The Trauma Centre- violence related trauma counselling

In-person & 24/7helpline
Free services
Cape Town-Western Cape
082 444 4191

Town Hill Hospital

In-person support
Free services
KwaZulu-Natal
033 341 5500

Triangel Project- LGBT

In-person support
Free for unemployed clients
Cape Town-Western Cape
021 422 0255

Twin Rivers (eating disorders)

24/7 helpline
cost
Eastern Cape
082 863 3159

UNISA Psychotherapy Clinic

In-person support
Free services
Pretoria-Gauteng
079 724 3591

Valkenberg Hospital- Psychiatric illnesses

In-person support
Free services
Cape Town-Western Cape
021 826 5805

West End Hospital

In-person support
Free services
Northern Cape
053 861 3911

PROGRAMMATIC INTERVENTIONS

Agape Youth Movement

In-person support
Free services
Pretoria-Gauteng
021 051 0689

AL-Anon- Family Groups (alcoholism)

24hr helpline
Private facility
Nationwide
086 125 2666
www.alanon.org.za

Alcoholics Anonymous South Africa

Telephonic
Free services
Nation Wide
0861 HELPAA (435 722)

Amathuba Collective

In-person & online support
Free services
Cape Town-Western Cape
067 252 2477

Arise Community Development Project

In-person support
Free services
Cape Town-Western Cape
021 827 8047

Bom Combat

In-person support
Free services
Cape Town-Western Cape
079 829 3129

Breaking Beliefs

In- person programme
Free services
Cape Town-Western Cape
info@breakingbeliefs.org

Case

In-person support
Free services
Hannover Park-Western Cape
021 691 7066

Chrysalis Academy

In-person support
Free services- R450 day of intake
Cape Town-Western Cape
021 712 1023

Fight with Insight

In-person support
Free services
Johannesburg-Gauteng
087 073 9442

Goals for Change

In-person support
Free services
Cape Town-Western Cape
078 632 8113

Inala Mental Health Foundation

In-person support
Free & paid services
Cape Town-Western Cape
021 201 1493

Khululeka Grief support

In-person support
Free services
Cape Town-Western Cape
021 036 1431

Lefika La Phodiso

In-person support
Free services
Johannesburg-Gauteng
065 094 2152

Mamelani Projects

In-person support
Free services
Cape Town-Western Cape
021 448 2725

Mindful(l) Organisation

In-person & online support
Free services
Nationwide
www.mindful-l.org

Phola

In-person support
Free services
Johannesburg-Gauteng
011 791 9254

REPSSI

In-person support
Free services
Randburg-Gauteng
011 886 1581

School of Hard Knocks

In-person support
Free services
Cape Town-Western Cape
076 607 7772

Shout It Now

Telephonic
Free services
Western Cape/ Gauteng/North-West
021 713 4414

The Goldilocks and The Bear

In- person including ADHD
Free services
Cape Town-Western Cape
082 534 8074

Usapho

In-person support
Free services
Cape Town-Western Cape
021 820 5444

Usiko

In-person & telephonic support
Free programmes
Stellenbosch-Western Cape
021 880 2157

SUBSTANCE ABUSE

Cape Town Drug Counselling Centre

In-person support
Costs based on income
Cape Town-Western Cape
021 447 8026

Department of Social Development Substance Abuse Line

24hr helpline
Telephonic
Free services
Nation Wide
(0800) 12 13 14

Ke Moja Whatapp Line

WhatsApp line
Free services
NationalWhatsApp
087 163 2025

Narcotics Anonymous (South Africa)

In-person support
Free (Welcome voluntary donations from
members)
Nation Wide
(0881) 30 03 27/0861006962

ORGANISATIONAL PROFILES

VICTIMS OF ABUSE SUPPORT

Adonis Musati Project- Asylum Seekers and Refugees

In-person support
Free services
Cape Town-Western Cape
076 825 1949

Akonaho Victim Empowerment Programme

In-person support
Free services
Thohoyandou-Limpopo
079 117 5677

Domestic Violence Helpline

Telephonic
Free services
Nationwide
080 015 0150

Gender Based Violence Line

Telephonic
Free services
Nationwide
(0800) 012 322

Grace Help centre

In-person support
Free services
Rustenburg-North West
014 574 3476/ 072 348 6526

Ground Up Collective

In-person support

Ilitha Labantu

In Person Support
Free services
Cape Town-Western Cape
021 633 2383 or 021 633 3048

Mosaic-Counselling & social support services

In-person support
Free services
Cape Town-Western Cape
021 761 7585

People Opposed to Woman Abuse (Powa)

In-person support
Free services
Gauteng
0766945911

Rape Crisis

Telephonic
Free services
Cape Town-Western Cape
021 447 9762/ 083 222 5164 (WhatsApp line)

Tears Foundation- link victims to mental health facilities

24hr helpline & sms service
Free services
National
010 590 5920

The Trauma Clinic

Telephonic
Free services
Cape Town-Western Cape
065 989 9238 (WhatsApp)



WHAT CAN WE DO ABOUT IT?



While the full effects of the COVID-19 pandemic are yet to play out, it is generally agreed that the pandemic has led to an increase in stress, anxiety and a decrease in overall well-being and mental health. In South Africa for example, research conducted by leading mental health institutions has found that there has been an increase in depressive symptoms across the general South African population and that the pandemic has caused increased instances of anxiety, financial insecurity, fear of infection and rumination.

As many as **65%** of young South Africans are facing some kind of mental health issue, the research finds and yet many do not seek help. A quarter of respondents believed their mental health problem was not serious enough to seek help, 20% didn't know where to get help and 18% were afraid of what people would think of them if they did speak more openly about it.

Gaps in treatment and support are making the problem worse. Like many low-to-middle income

To better support our young people. The Bertha Centre for Social Innovation and Entrepreneurship and partners have developed a two-part call to action, directed at government and youth development programme funders.

1. A call to funders within the youth development system to begin prioritising mental health programming, through the setting of mandatory psychosocial support programming by organisations. I.e. Funders will not fund programmes that do not have an adequate plan for directly improving and addressing youth mental health.
2. A call to the National Department of Basic Education and The Department of Social Development to provide more social workers to low and no-fee schools.

Please indicate your support of the two calls to action by signing the petition [here](#).

Make your voice count and get behind improved support for our young people!

Youth Project Lead
Luvuyo Maseko








Call to Action



Bertha Centre Additional Resources



 @BerthaCentre  +  Bertha Centre for Social Innovation & Entrepreneurship

9 Portswood Road, Green Point, Cape Town, South Africa
berthacentre.gsb@uct.ac.za | <https://gsbberthacentre.uct.ac.za/>

changing the way we're changing the world

UNIVERSITY OF CAPE TOWN

