



Mental Health Services Offered

Healthcare staff at our clinics are trained to assess and manage patients who present as suicidal. A referral to the clinical psychology and psychiatry services is made by either your treating doctor, or nurse, at the clinic after they have conducted an initial assessment.

The treatment of adolescents and children is a specialised area. They are referred to the Child and Adolescent Mental Health departments at Red Cross and Tygerberg hospitals.

Clinical psychology services (City Health)	Psychiatry services (Western Cape Department of Health)	Substance abuse rehabilitation services (City Health)
Albow Gardens CDC	Albow Gardens CDC	Albow Gardens CDC
Langa Clinic		
Hout Bay Clinic		
Bloekombos Clinic		Scottsdale clinic
Wallacedene Clinic		
	St Vincent CDC	Delft South Clinic
	Delft South Clinic	
Gugulethu Clinic		Manenberg clinic
Ocean View CDC		Parkwood Clinic
Pelican Park Clinic		
Masiphumelele Clinic		
Tafelsig CDC	Tafelsig CDC	Tafelsig CDC
Lentegeur Clinic		
Kuyasa CDC		Town Two CDC
Matthew Goniwe CDC		
Dr Ivan Toms CDC	Sir Lowry's Pass CDC	Eerste River Clinic
Wesbank Clinic		
Ikhwezi CDC		

Visit www.capetown.gov.za/clinics for the contact information of each clinic.

If you are cannot access the services at one of these clinics, contact the below organisations to talk to a counsellor

SADAG (South African Depression and Anxiety Group) Helpline	0800 45 67 89
Suicide Crisis Line	0800 45 64 56
Childline Toll free 24 hour Helpline	116
Lifeline Counselling Line	021 461 1111/4
Lifeline: WhatsApp	063 709 2620
Department of Social Development 24-hour Help line	0800 12 13 14
	SMS 32319

Last updated: 20 February 2025