

## **INTRODUCTION:**

You can get help with problems caused by the harmful use of drugs and alcohol. There are different types of services available to the public, depending on the kind of problems experienced by you or the person you are seeking help for. This is a guide to some of the options that are available to help you.

## **HELP IS AVAILABLE:**

For assistance with overcoming addiction or harmful drug and alcohol use, you can contact any one of our offices or service providers listed below. If you have access to medical aid and the financial resources for private treatment, you can access a range of private psychiatrists and psychologists through any of the private treatment centres in the province. ***Make sure that the treatment centre you approach is registered with the Provincial Department of Social Development. Registered centres are those which meet treatment standards required by government.***

## **TREATMENT OPTIONS:**

### **WHAT IS IN-PATIENT TREATMENT?**

In-patient service means a residential treatment service provided at a treatment centre.

### **WHAT IS OUT-PATIENT TREATMENT?**

It is a service to a person who is engaging in harmful drug and alcohol use and to the people who are adversely affected by his/her behaviour. This type of treatment involves attending regular sessions at a treatment centre, and is often equally effective to residential care, but less costly.

## **COSTING:**

Although certain facilities render services without any cost implications to the client e.g. government treatment centres and government subsidized treatment centres you are encouraged to enquire from the required facility if there are any costs.

## **WHERE TO FIND HELP:**

### **Social Development:**

Head Office

14 Queen Victoria Street

Tel: 021 483 5045

Toll free: 0800 220 250

Support and advice can also be sought at SANCA Regional Offices

OFFICE	NAME	TELEPHONE NUMBER	FAX NUMBER
Bellville	Dr. D. Fourie	021-945 4080/1	021-945 4082
Athlone & Guguletu Office	Mrs. V Mvumvu	021-638 5119	021-637 2832
Atlantis Office	Mrs. M Alexander	021-572 7461	021-572 8743
Khayelitsha Office	Mr. N Mnoneleli	021-364 6131	021-364 5510
Mitchell's Plain Office	Ms. N Kwalie	021-397 2196	021-397 4617
Paarl Office	Mrs. A Ackermann	021-872 9671	021-872 5050
Tygerberg Office	Mrs. F Cornelissen	021-945 2099	021-945 2098

### District Offices

OFFICE	NAME	TELEPHONE NUMBER	FAX NUMBER
ATHLONE	Mrs. A Ntebe	021 696 8039/9	021 696 0554
BEAUFORT WEST	Mr. M Pike	023 414 3204	021 414 2128
BELLVILLE	Mr S Makhasi	021 940 7100	021 948 3024
CAPE TOWN	Mrs. A van Zyl	021 481 9700	021 423 8331
CALEDON	Acting Ms D De Bruyn	028 214 3000	028 214 1780
EESTE RIVER	Ms. M Harris	021 904 1021	021 904 1164
GEORGE	Mr. M Skosana	044 801 4300	044 873 5422
GUGULETHU	Mr. L Saunders	021 638 5153	021 638 5117
KHAYELITSHA	Mr. N. Mqikela	021 370 2100	021 364 1337
MITCHELLS PLAIN	Mr. L Woldson	021 370 4804	021 376 1342
OUDTSHOORN	Ms. F Mouton	044 272 8977	044 272 4007
PAARL	Mr. G Morkel	021 871 1682	021 872 0049
VREDENDAL	Mr. R Macdonald	027 213 2096	027 213 2142
VREDENBURG	Mr. Marthinus	022 713 2272	022 713 2064
WORCESTER	Mr. C Sauls	023 348 5300	023 347 5181
WYNBERG	Ms. L Bam	021 710 9800	021 761 9998

## Registered Treatment Centres

Name of Treatment Centre	Physical address / Contact details	District Office	Bed capacity
<b>Government Treatment Centres</b>			
De Novo Treatment Centre	Old Paarl Road Kraaifontein Tel; 021 988 1138 Fax: 021 98804 Denzil Cowley	Eersterivier/Paarl	80 Adults 20 Youth
Kensington Treatment Centre	Kensington road Maitland Ms. F. Davids 0832759574 Fax:0215101057 Email:farouz@kensingtontc.org.za	Cape Town	40 Adults
Western Cape Youth Rehabilitation Centre	Old Faure Road Eerste Rivier Ms. F. Davids Tel: 021-843 3200	Eerste Rivier	40 Youth
<b>Subsidised Treatment Centres</b>			
Hesketh King Treatment Centre	P.O. Box 5 Elsenburg C/R Old Paarl RD./Klipheuwel RD. Muldersvlei Tel; 021 8844600 Fax: 0218844602 Major. Valerie Potgieter Email:hking@mweb.co.za	Paarl	60 Adults 20 Youth
Ramot Treatment Centre	54 Toner street Parow Tel: 021 939 2033 Fax: 021 9303123 P.L. Theron Email:pltheron@ramot.co.za or admin@ramot.co.za	Bellville	42 Adults
ToevlugTreatment Centre	40 Noble Street Riverview Worcester Rev. Van Rooy Tel: 023 342 1162 Fax: 0233473232 Email: rehab@toevlug.org	Worcester	50 Adults 20 Youth
<b>Private Treatment Centres</b>			
Crescent Clinic	269 Main Road Claremont 7708 Mr. Z. Finkelstein Tel: 021 762 7666 Fax: 0217627669 Email:crescent@netactive.co.za	Wynberg	30 Adults
Oasis Treatment Centre	19 Longships Drive Plettenberg Bay		10-12 Adults

	Tel: 044 5331752 Fax: 044 5331752 Anstice Wright Email: info@oasiscentre.co.za		
Orient Rehabilitation	C/o Boundary and Boom Street Schaapkraal 021 703 1053	Wynberg	60 Adults
Horizons Halfway House	House75 Ninth Avenue Schaapkraal Riedewaan Carelse Tel 021 737886Horizons Halfway	Wynberg	20 Adults
Minnesota House	Maitland Street George Tel 044 870 8585 Fax: 044 870 7213 Director: Odendaal Marcel Minnesota House info@minesotahouse.co.za	George	18Adults
Serenity Care Centre	Farm Elandskraal Barrington Road, Sedefield 6573 Tel. 044 343 1395 Fax. 044 343 1919 Lynn Allen Email: serenity@cyberperk.co.za	George	50 Adults
Stepping Stones	Cnr. Main & Imhoff Roads Kommetjie Tel: 021 783 4230 Fax: 0217831816 Carry Bekker Email: carryb@steppingstones.co.za	Wynberg	30 Adults
Claro Clinic	Ground Floor Burnside House Syfred Douglas Street N1 City Goodwood Tel 021 595 8500 Fax: 0215953359 Mr Rossouw Email: cdu@mweb.co.za	Bellville	21 Adults
Kenilworth Clinic	32 Kenilworth Street Kenilworth Tel 021 7634501 Deidre Greling info@kenilworthclinic.co.za	Wynberg	21 Adults
False Bay Therapeutic Community Centre	No1 Second Avenue Fish Hoek Mr. Reza Arief Tel: 021 7826242 Fax: 0217829292 Email:falsebaytc@telkomsa.net	Wynberg	16 Adults
Namaqua Treatment Centre	Farm 1411 Olifants Nedersetting Lutzville Mr. C. Van Zyl Email:cwvanzyl@mweb.co.za Tel: 072 2134502 Fax: 086 565 8211	Vredendal	8 Adults

Tehillah Spread Your Wing Treatment Centre	196 16 <sup>th</sup> Avenue, Leonsdale Elsies River Sr. Kleyn Tel:0219330990 Fax: 0865229264 Email: tehillahcc@polka.co.za	Bellville	30 Adults
<b>Halfway House</b>			
Tharagay House	15A Gibson Road Kenilworth	Wynberg	
Serendipity House	Woodstock 021 448 9841 Steven Thomson (Half-way house)	Cape Town	16 Adults
<b>Municipal Out-Patient Treatment Centres</b>			
Tafelsig Matrix Site	Tafelsig CHC Kilimanjaro Street, Tafelsig, Mitchells Plain Tel: 021 557 1065/556 7103	Tafelsig, Mitchells Plain	12-15 ADULTS
Tableview Matrix Site	Tableview Clinic South Road, Table View Tel: 021 557 1065/556 7103	Table View	12-15 ADULTS
Delft South Matrix Site	Delft South CHC c/o Boyce Street and Delft main Road Delft South Tel: 021 955 9200	Delft South	12-15 ADULTS
Khayelitsha Matrix Site	C Block Stocks & Stocks Municipal Offices, Ntlakhohlaza Street, Town 2, Village 1 Khayelitsha 7784 Tel: 021 360 1256 073 884 5069	Khayelitsha	12-15 ADULTS