

LET'S RAISE AWARENESS

MENTAL WELLNESS

October 2026



ONE HONEST CONVERSATION CAN CHANGE A LIFE

“Come unto me, all ye that labour
and are heavy laden, and I will give
you rest.”

Matthew 11:28



A MOMENT HELD IN GRACE



“It is important to recognise how mental health
is increasingly threatened in the context of
societies that consider themselves advanced.”

Pope Leo XIV, 9 June 2026

St. Dymphna

Patron Saint of stress, anxiety and mental health

Pray for me, dear St. Dymphna,
that my nervous and emotional turmoil may
cease, and that I may again know serenity
and personal peace.

Amen



Feel Familiar?

"I don't feel I fit in, like I'm broken. But I have to pretend to be 'normal' cause that's what everyone expects."

"It's not that I want to die, it's just that I don't want to go on feeling like this."

"Everyone tells me how being a new mother is the happiest time of your life, so why am I ashamed to admit I sometimes struggle to love my baby?"

"When I come out of the grips of a depression I feel relieved, but I can't celebrate. Instead I just feel anxious it will happen again. I feel ashamed to see how my illness has affected my family and my work while I struggle to survive."

"People assume you aren't sick unless they can see it in your body. I am tired of hearing 'have you tried'- have you tried exercising, have you tried eating better, have you tried being more social- yes I have tried, but some days I am tired of trying, just tired."

"I try to remember there is hope even when my brain tells me there isn't."

"I lie and say 'I'm busy'- busy taking deeper breaths, calming a racing heart and telling myself I'll be okay."

"I can't face my wife and children and tell them we can't afford things like we used to- a weekend away, new sneakers, new phone. I feel like a failure."

"I don't feel sad. I feel empty, or mostly I don't feel anything at all."



RESOURCES

Depression, Anxiety and Crisis support

SADAG 24-Hour Suicide Crisis Helpline

Telephone: **0800 567 567**

Services: Immediate, toll-free emergency support for anyone experiencing active suicidal thoughts or deep despair.

SADAG 24-Hour SMS & WhatsApp Services

Telephone: WhatsApp Chat on **076 882 2775**

SMS **31393/32312**

Services: Text-based crisis intervention and counsellor callback services.

Cipla Mental Health Helpline

Telephone: **0800 456 789**

Services: Free, 24-hour telephonic counselling and psychiatric medication advice.

LifeLine Western Cape

Telephone: **021 461 1111** | WhatsApp: **063 709 2620**

Services: Free, anonymous emotional support and crisis counselling for anyone experiencing trauma, distress, or loneliness.

Cape Mental Health

Telephone: **021 447 9040**

Services: Provides community-based mental health guidance, counselling, and long-term support programmes.

Adcock Ingram Depression & Anxiety Line

Telephone: **0800 70 80 90**

Services: A specialised helpline for managing severe clinical mood disorders and deep depression.

RESOURCES

Substance Addiction Recovery and Family Support

Government Rehab Admission Pathway (DSD Support Hotline)

Telephone: **0800 220 250**

Services: Managed by the Western Cape Department of Social Development. Provides the essential entry route to access state-funded inpatient rehabilitation and support services for families dealing with addiction.

Alcoholics Anonymous (AA) South Africa

Telephone: **0861 435 722 | 021 418 0908**

Services: Connects individuals and families to local 12-step recovery meetings, many of which take place in supportive, local Catholic parish venues.

Narcotics Anonymous (NA) South Africa

Telephone: **083 900 6962**

Services: Immediate helpline support and meeting directories for localised drug addiction recovery groups.

Al-Anon South Africa

Telephone: **0861 252 666**

Website: alanon.org.za

Services: A dedicated fellowship providing support groups and resources specifically for the families and friends of individuals struggling with alcoholism.

RESOURCES

Financial Crisis, Unemployment and Mental Distress

Hope House Counselling Centre

Telephone: **071 328 3715**

Services: A Christian faith-based NPO offering affordable, structured counselling to help individuals manage anxiety caused by financial stress or job loss.

Tokai

Telephone: **071 328 3715/021 715 0424**

Kuils River

Telephone: **071 410 1091/021 903 0521**

Khayelitsha

Telephone: **066 470 3408**

Unplanned Pregnancy and Maternal Care

Mater Domini

Telephone: **079 891 6749** or **021 671 6008**

Services: Grounded in a Catholic framework of care, this crisis shelter provides housing, trauma care, and material support to protect unborn life and support the mother.

Post-Abortion Healing and Grief Support

Rachel's Vineyard South Africa

Telephone: **082 852 1284** (Contact person: Angie)

Services: Rooted in Catholic spirituality, this ministry offers weekend psychological and spiritual healing retreats for anyone suffering from post-abortive trauma, depression, or grief.

RESOURCES

Family

Catholic Family Life Ministries

Telephone: **083 700 3667** or **079 486 5630**

Services: Aligned with Catholic moral and pastoral values, this ministry offers family mentoring, emotional support, and coping guidance to strengthen home environments.

Retrouvaille Cape Town

074 175 7523 or **071 299 7028**

A peer led Catholic ministry offering structured weekend programs and post-weekend sessions for married couples experiencing severe anxiety, stress, or conflict in their relationship.

Jelly Beanz

Telephone: **021 556 2456**

Services: Provides individual and group therapy, trauma resources, and child-centered support for children who have experienced trauma, abuse, or neglect.

NOAH (Neighbourhood Old Age Homes)

Telephone: **021 447 6334**

Services: This organisation provides communal housing, social support, wellness and happiness programmes, and dedicated healthcare clinics to protect the mental and physical well-being of social pensioners (aged 60+).

RESOURCES

Grief and Bereavement

Bereavement Support Parish Groups

Services: Localised parish-based support groups offering spiritual comfort, community connection, and shared healing for those navigating bereavement and loss.

Parish Office Numbers:

Corpus Christi, Wynberg - **021 761 3388**

Holy Redeemer, Bergvliet - **021 712 2210**

Our Lady of the Visitation, Constantia - **021 794 5185**

St Catherine of Siena, Kleinvelei - **021 300 1097**

St Stephen, Rocklands - **021 392 3647**

Immaculate Conception, Parow - **021 591 1911**

St Philip, Strandfontein - **021 393 1653**

Our Lady of Perpetual Help, Durbanville - **021 976 1550**

GriefShare South Africa (Christ-Centred Grief Groups)

Central Western Cape Tool: Find localised suburban chapters via the official registry at **find.griefshare.org**

Regional Church Coordinator Helplines:

Pinelands Baptist Chapter: **021 531 3922**

Linkway Edgemoor Chapter: **021 559 3768**

Connect Meadowridge Chapter: **021 712 1218**

Protea Valley Northern Suburbs Chapter **064 675 3449**

Kuilsriver Support Contacts **083 375 8826** or
065 819 9471

Services: A Bible-based Christian recovery network hosted across local churches in Cape Town. It offers weekly seminar groups to help people rebuild their lives after the severe loss of a spouse, child, parent, or friend.

The Compassionate Friends (Child Loss Support – Cape Town Groups)

Telephone: **083 630 0978** (Constantiaberg) | **082 552 5909** (Durbanville) | **084 551 1349** (Somerset West)

Services: Localised Western Cape support groups offering warm, peer-led telephonic contact and community support circles specifically for parents, siblings, and families navigating the heartbreaking loss of a child.

Immediate Crisis Intervention, Safety Support and Longterm Therapeutic Programs for Survivors of Violence and Crime

Rape Crisis Cape Town Trust

Telephone (24-Hour Helpline): **021 447 9762**

WhatsApp Line: **083 222 5164**

Services: Free, confidential counseling, immediate crisis intervention, and court support for survivors of rape and sexual violence.

Community Cohesion

Telephone: **061 683 6943**

Services: This organisation provides practical, rights-based assistance, crisis containment, and one-on-one social work therapeutic interventions for individuals suffering trauma as victims of crime and domestic violence.

Emergency Services

To reach a government or state ambulance in South Africa, dial **10177** or call the general emergency number **112** from a mobile phone.

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“Be close to those who are exhausted, to those who are desperate, without hope. Often, we should simply listen in silence.” - Pope Francis



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