



# Family Support for Schizophrenia

Family Support for Schizophrenia, founded in 1981 as Cape Support for Mental Health, is a support group for the families and carers of people living with schizophrenia

Our goals are

- To give support to the families and carers of people living with schizophrenia
- To enlighten and educate families and the public about schizophrenia and mental illness
- To raise awareness aimed at fostering community support and involvement
- To reduce the stigma associated with schizophrenia and mental illness
- To advocate for the rights of persons with mental illness

Extract from FSS February 2022 Newsletter

## Cape Mental Health's Rainbow Foundation - Psychosocial rehabilitation (PSR) support groups

Rainbow Foundation, one of the programmes of Cape Mental Health, is a network of 26 community-based PSR support groups in communities of the Western Cape providing services to users with a psychosocial disability from the 28 Metro nodes. Before Covid, Rainbow Foundation groups met weekly in community libraries, halls or other venues for 2 hours, engaging in life skills, psycho-education, skills building and various other activities. Since Covid, a virtual programme, consisting of daily activation videos and member challenges, has been sent out, and outreach is done by means of phone calls, SMS or WhatsApp. It is hoped that in-person community sessions will resume as soon as venue availability and safety allow.

Rainbow Foundation PSR Groups Co-ordinator Tasneem Toyer writes that “Rainbow Foundation could be a starting point for members who are unsure about their diagnosis, learning to accept their new diagnosis and wanting to start building relationships, skills and confidence.”

---

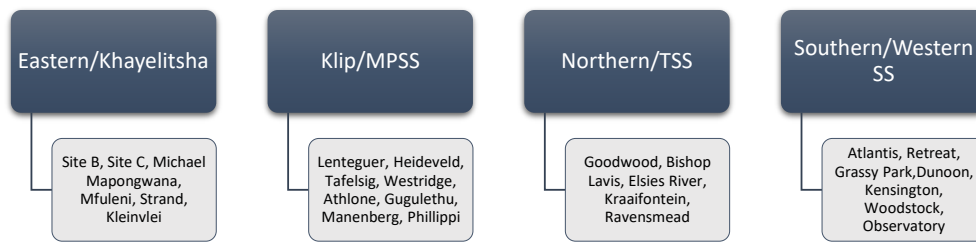
### Family Support for Schizophrenia

NPO 040-491 | 083 713 8653 | [mail@capesupport.org.za](mailto:mail@capesupport.org.za) | [www.capesupport.org.za](http://www.capesupport.org.za)

### Management Committee

*Chairperson* Maureen Robinson | *Treasurer* Vionne Tregurtha | *Secretary* Sue Custers  
*Members* Marijke Littlefield, Lydia Franciscus, Wayne Schonegevel

Tasneem sent us the following information about the location of the groups:



Participation is open to adults (>18) with a psychosocial disability who have registered with Cape Mental Health. A confidential referral form will need to be completed.

Contact details for Rainbow Foundation are in the *Useful links* section below.

---

### *Useful links*

Cape Mental Health - <https://capementalhealth.co.za/>, 021 447 9040, [info@cmh.org.za](mailto:info@cmh.org.za)  
- Peer Support Programme - 021 447 9040, [intake@cmh.org.za](mailto:intake@cmh.org.za)  
- Rainbow Foundation - Tasneem Toyer, 021 447 8066, [RFCoordinator@cmh.org.za](mailto:RFCoordinator@cmh.org.za)  
- Fountain House - <https://capementalhealth.co.za/what-we-do/#>, 021 447 7409



NPO Registration Number NPO 040-491  
[www.familysupport.org.za](http://www.familysupport.org.za)