

## Provincial Mental Health Societies

Independent, community-based mental health organisations which deliver essential frontline mental health services to communities in all 9 provinces

Constituent bodies of the South African Federation of Mental Health – SAFMH  
[www.safmh.org.za](http://www.safmh.org.za)

<p><b>Eastern Cape</b></p> <p><b>Indlela Mental Health</b> Gqeberha 041 365 0502</p> <p><b>Rehab Mental Health</b> Association for Rehabilitation for Persons with a Disability East London 043 722 1811</p> <p><b>Uitenhage Mental Health</b> 041 922 8025</p>	<p><b>Free State</b></p> <p><b>Northern Free State Mental Health</b> 057 352 1046</p> <p><b>Southern Free State Mental Health</b> 051 444 0212/3</p>	<p><b>Gauteng</b></p> <p><b>Central Gauteng Mental Health</b> 011 614 6855/6</p> <p><b>Laudium Mental Health</b> 012 374 2100</p> <p><b>North Gauteng Mental Health</b> 012 332 3927</p> <p><b>Vaal Triangle Mental Health</b> 016 931 2910/1</p>
<p><b>KwaZulu-Natal</b></p> <p><b>Durban and Coastal Mental Health</b> 031 207 2717</p> <p><b>Pietermaritzburg Mental Health</b> 033 392 7248/9</p> <p><b>Zululand Mental Health</b> 035 940 2290 035 787 0146</p>	<p><b>Limpopo</b></p> <p><b>Limpopo Mental Health</b> 015 307 4732</p>	<p><b>Mpumalanga</b></p> <p><b>Mpumalanga Mental Health</b> 017 631 3505 081 731 1208 067 207 4602</p>
<p><b>Northern Cape</b></p> <p><b>Northern Cape Mental Health</b> 053 841 0537</p>	<p><b>North West</b></p> <p><b>North West Mental Health</b> 018 297 5270 079 828 2425 082 046 7926</p>	<p><b>Western Cape</b></p> <p><b>Cape Mental Health</b> 021 447 9040</p>