

WHERE TO GET HELP

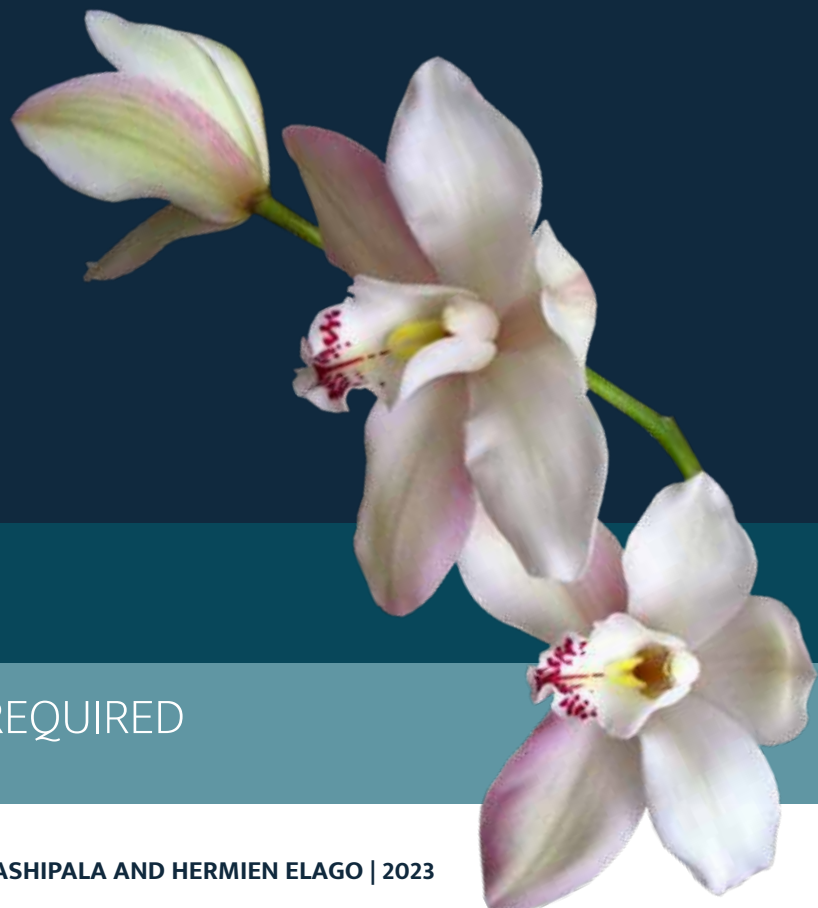
A LIST OF MENTAL HEALTH AND COUNSELLING FACILITIES IN NAMIBIA

2023

SECTION 1: FREE

SECTION 2: SUBSIDIZED COST

SECTION 3: MEDICAL AID/CASH REQUIRED



READ THIS FIRST



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WHEN TO GET HELP

Sometimes, people disregard their signs and symptoms as a normal part of life or avoid treatment out of shame or fear. If you're concerned about your mental health, you have nothing to be ashamed of. Don't hesitate to seek help! Each mental health condition has its own signs and symptoms. In general, however, professional help might be needed if you experience the following:

1. Worrying more than usual (excessive anxiety)
2. Finding it hard to enjoy your life or not being able to cope with problems or daily activities
3. Extreme mood swings
4. Prolonged sadness, depression or apathy
5. Substance misuse/abuse (or increased use)
6. Marked changes in personality, eating or sleeping pattern.
7. Feeling disconnected or withdrawn from normal activities
8. Excessive anger, hostility or violent behaviour
9. Thoughts or statements about suicide or harming others

USEFUL TIPS

1. When deciding on which mental health professional to go to, different factors should be considered such as financial implication (which is how this document divides the list). However, finding the correct therapist/mental health professional for you may take a few tries and you might take into account other factors such as religion, race, age, your preferred language etc. that will help you feel more comfortable.
2. Trust the process. You probably won't get a one-step, quick fix. **Don't give up.**

DISCLAIMER

This document was compiled by **Ndapewoshali Ndahafa Ashipala and Hermien Elago** and; is for information-sharing purposes only. Although we are mental health activists, we consulted mental health professionals, we are not mental health professionals and strongly advise that the list be used as a guide to engaging mental health professionals. The list is not exhaustive and should in no way be interpreted as complete or exhaustive of all centres and professionals in Namibia. The information provided is for general informational purposes only. All information is provided in good faith, however, we make no representation or warranty of any kind, express or implied, regarding the accuracy, adequacy, validity, reliability, availability or completeness of any information. Under no circumstance shall we have any liability for any loss or damage of any kind incurred as a result of the use of the information or reliance on any information provided. Your use and your reliance on any information are solely at your own risk.

SECTION 1: FREE

NON-GOVERNMENTAL ORGANISATIONS

CHILDLINE/LIFELINE

1. Telephonic counselling

Email: Info@lifeline.org.na

Monday to Monday 08:00-18:00 Tel: +26461555422 or +264811400222 or +26461226 889

Website: <http://www.lifelinechildline.org.na> <https://www.facebook.com/LifeLineChildLineNamibia/> <https://www.civic264.org.na/children/lifeline-childline-namibia>

2. Schedule a face-to-face session

Toll-free 24/7 counselling numbers 116 & 106 (Gender-Based Violence HelpLine)

NAMIBIA RED CROSS SOCIETY

Head Office: Tel. +(264) 61 413750

KHOMAS: Tel. +(264) 61 400392 | Windhoek

ZAMBEZI: Tel. +(264) 66 253415 | Katima Mulilo

KAVANGO: Tel. +(264) 66 256127 | Rundu

OHANGWENA: Tel. +(264) 65 263286 | Eehnana

OSHIKOTO: Tel. +(264) 65 240688 | Onandjokwe Hospital

Email: enquiries@redcross.org.na

KUNENE: Tel. +(264) 65 273135 | Opuwo

GROOTFONTEIN: Tel. +(264)67 243909 | Grootfontein

KHORIXAS: Tel. +(264) 67 331277 | Khorixas

OMUSATI: Tel. +(264) 65 251539 | Outapi

ALCOHOLICS ANONYMOUS IN WINDHOEK

Cell: +264 81 325 or +2646144 222477

Email: alcoholicsanonymousna@gmail.com

Website: <https://alcoholicsanonymousna.wordpress.com/contact-aa-namibia-today/>

Meetings take place on Mondays, Wednesdays and Thursdays from 19h00 – 20h00 at the Methodist Church opposite the Windhoek Public Library on Lüderitz Street.

REGAIN TRUST

Offers free counselling services and referrals to victims, survivors and anyone affected by Gender Based Violence

KHOMAS: +264817033203 / hsw@regain-trust.org

ERONGO: +264815584008 / esw@regain-trust.org

OMUSATI: +264815584004 / osw@regain-trust.org

AFTERCARE SUPPORT GROUPS FOR ADDICTION

Swakopmund: +264812332525/+264811221373

Otjiwarongo: +264812091969

Usakos: +264818608326

Outjo: +264812558683

Walvis bay: Lekobane/Gail +26464 216366/216322

Keetsmanshoop +264817478783/+264857043210

CHURCH

Most churches across the offer free counselling. Contact a church near you to enquire about their counselling services and programmes.

NAMIBIAN GOVERNMENTAL FACILITIES

MINISTRY OF HEALTH: DEVELOPMENTAL SOCIAL WELFARE SERVICE

The Mental Health Hospital, Local Clinics and all regional Hospitals offer free counselling, psychiatric and rehabilitation services by qualified professionals.

ETEGAMENO RESOURCE & REHABILITATION CENTRE

Responsible for the treatment and rehabilitation of alcohol and drug-dependent individuals and their families under the Directorate Social Welfare Services: Tel: +26461269348/ +26461250404

Social Work Department Central Hospital:

Tel: +264612033499

Mental Health Department Central Hospital:

Tel: +264612033321

Manager: +26461250404/269368

NAMIBIAN GOVERNMENTAL FACILITIES - CONTINUED

REGIONAL AND DISTRICT SOCIAL WELFARE SERVICE

1) Counselling for any person above the age of 18 years with regard to pre-marital counselling, marital, marriage enrichment, alcohol- and drug abuse, prostitution, older people (neglect and abuse, applications for sub-economic housing units and old age homes, active ageing), property grabbing and other estate disputes, reintegration of released prisoners into society, bereavement counselling, stress management, trauma counselling, and pre-trial assessments and pre-sentence reports for adults. 2) Group work, such as effective parenting skills groups, aftercare groups (alcohol- and drug abuse), domestic violence. 3) Empowerment of communities by means of community projects.

SECTION 2: SUBSIDIZED COST

PHILIPPI TRUST

Tel: +264 61-259291

Website: <http://philippinamibia.com/philippi-counselling-philosophy/>

N\$100.00pp per 1-hour session Email: information@philippinamibia.com

PROFESSIONAL COUNSELLING: KIDS & ADULTS

Tel: +264814436821

N\$100.00pp, per 45mins session

SECTION 3: MEDICAL AID/CASH REQUIRED

REHAB CENTERS

OKONGUARRI THERAPEUTIC CENTRE

Email: info@okonguarri.com

Website: <https://okonguarri.com/contact.php>

Tel: +264-67-697033/6

PRIVATE SECTOR THERAPISTS, PSYCHOLOGISTS & PSYCHIATRISTS

PSYCHOLOGICAL ASSOCIATION OF NAMIBIA

Find a Psychologist Near You - A list of psychologists per region and their contact details | Website: <http://www.psychologynamibia.org/find-a-practitioner-near-you/>

TELECOM NAMIBIA YELLOW PAGES

Website: <http://www.yellowpages.na/psychologists/psychologists/>

Hardcopy telephone directory available at all Telecom offices under the yellow pages and medical professionals section.

VIRTUAL HEALTH SERVICES

UNI-HEALTH

Facebook: Uni-Health

Website: www.unihealth.com.na

Tel: +264 81 354 7571

Email: wellness@unihealth.com.na

Many private mental health professionals offer virtual services/online counselling. If you would prefer/require this option, please inquire about the possibility when making your booking.

NHP MENTAL HEALTH FIRST AID TRAINING COURSE

Learn the basic knowledge and skills to identify changes in your employees, family and colleagues that might suggest mental health struggles. Learn how to best support them and get the appropriate professional support they need. The goal is to prevent small mental challenges from becoming significant mental health problems that could affect long-term well-being and productivity. The course is FREE for NHP members and costs N\$399.00 for non-NHP members. You can sign up for the course on the NHP website by following this link <https://nhp.com.na/basic-mental-health-first-aid-course/>

