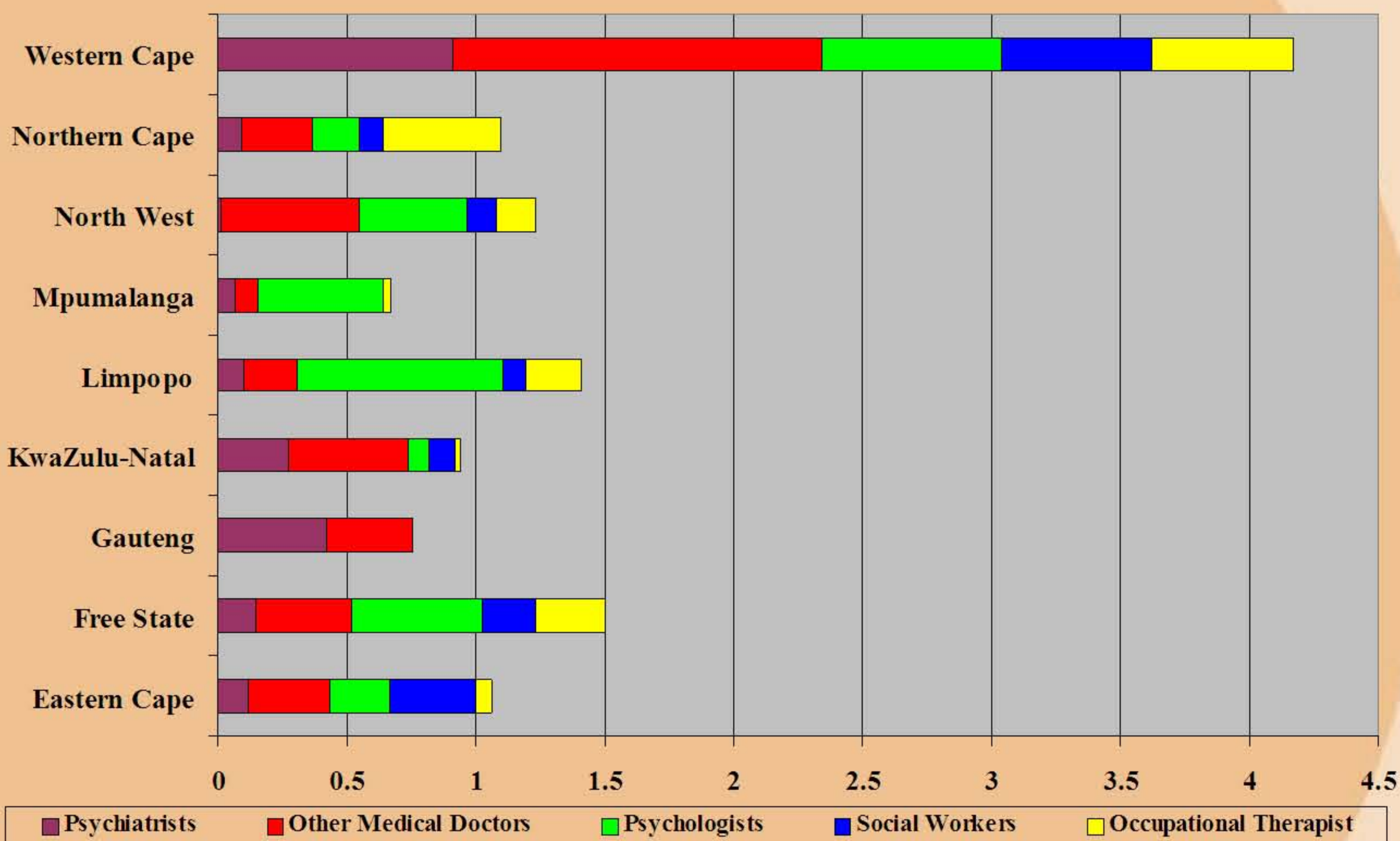




# Mental Health Services in South Africa

Human Resources per 100,000<sup>1</sup>



448 outpatient clinics<sup>4</sup>  
 0 child/adolescent outpatient clinics  
 0 psychiatric inpatient units  
 0 community residential facilities  
 2 mental hospitals

107 outpatient clinics<sup>4</sup>  
 10 child/adolescent outpatient clinics  
 14 day treatment centres<sup>5</sup>  
 8 psychiatric inpatient units  
 24 community residential facilities  
 3 mental hospitals

464 outpatient clinics<sup>4</sup>  
 0 child/adolescent outpatient clinics  
 29 day treatment centres<sup>5</sup>  
 9 psychiatric inpatient units  
 3 community residential facilities  
 3 mental hospitals

670 outpatient clinics<sup>4</sup>  
 1 child/adolescent outpatient clinics  
 1 psychiatric inpatient unit  
 1 mental hospital

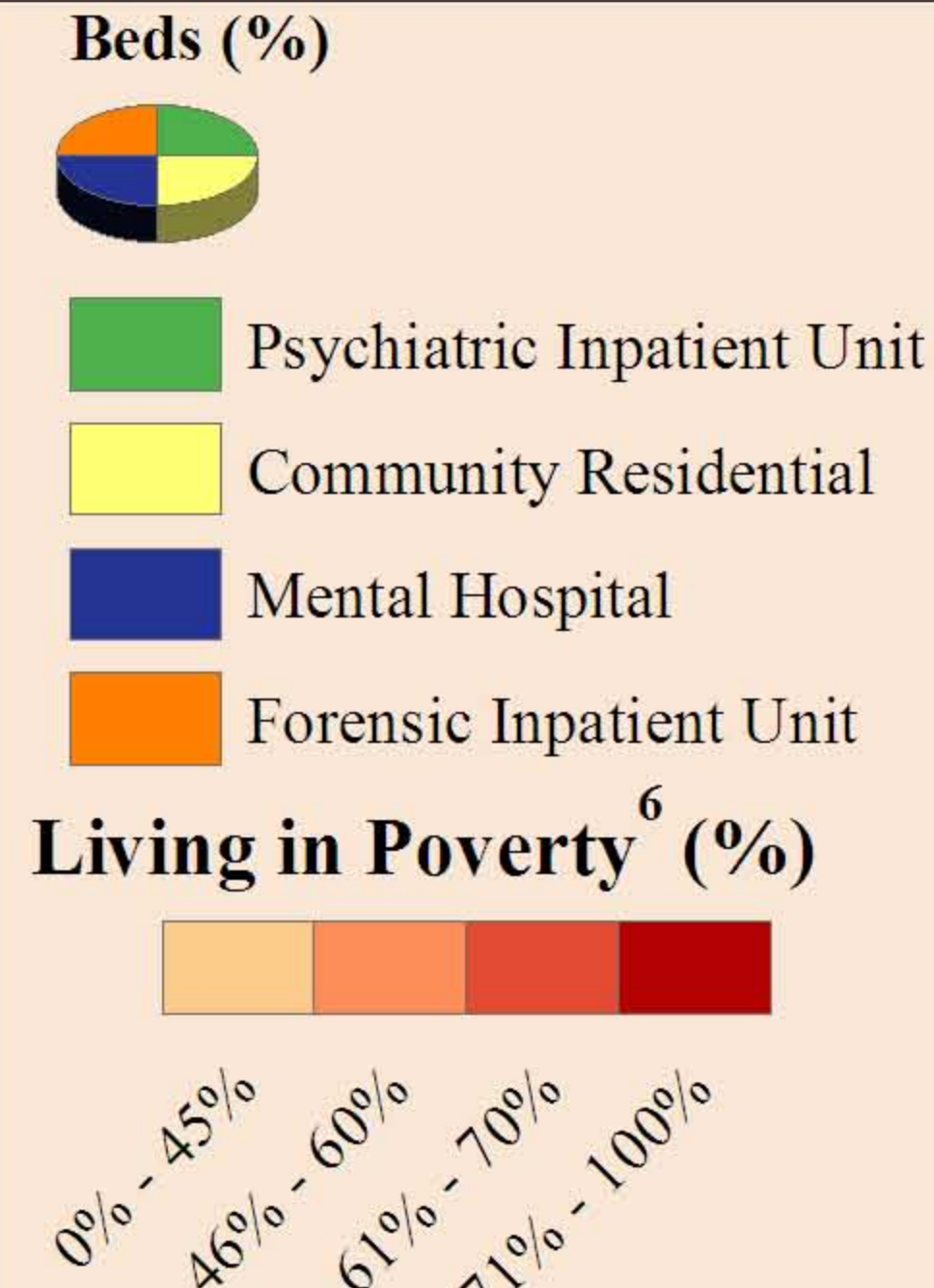
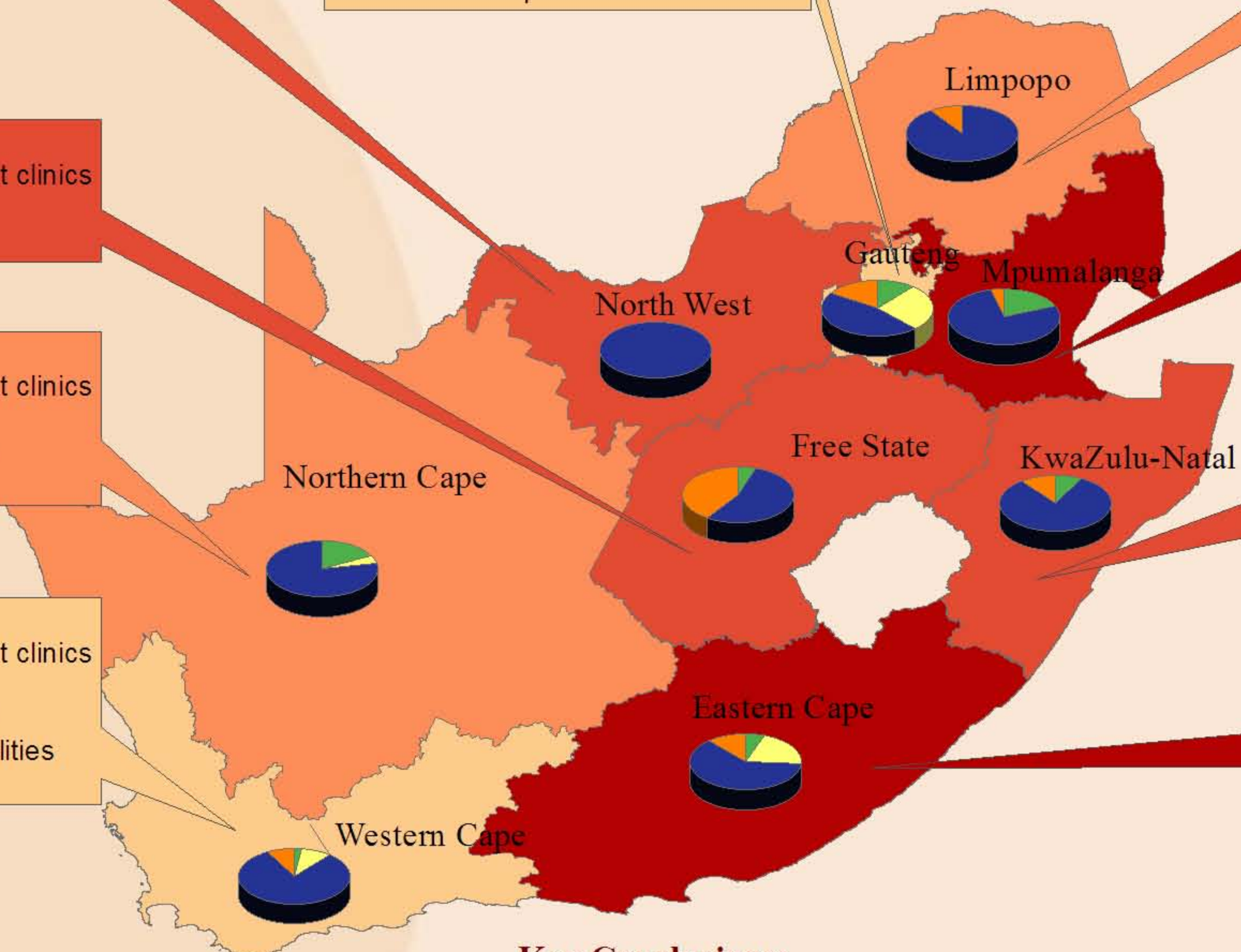
296 outpatient clinics<sup>4</sup>  
 0 child/adolescent outpatient clinics  
 12 day treatment centres<sup>5</sup>  
 2 psychiatric inpatient units  
 4 community residential facilities  
 1 mental hospital

6 outpatient clinics<sup>4</sup>  
 0 child/adolescent outpatient clinics  
 0 day treatment centres<sup>5</sup>  
 0 psychiatric inpatient units  
 1 mental hospital

314 outpatient clinics<sup>4</sup>  
 4 child/adolescent outpatient clinics  
 22 day treatment centres<sup>5</sup>  
 11 psychiatric inpatient units  
 13 community residential facilities  
 4 mental hospitals

455 outpatient clinics<sup>4</sup>  
 4 child/adolescent outpatient clinics  
 2 day treatment centres<sup>5</sup>  
 6 psychiatric inpatient units  
 9 community residential facilities  
 3 mental hospitals

700 outpatient clinics<sup>4</sup>  
 1 day treatment centre<sup>5</sup>  
 4 psychiatric inpatient units  
 10 community residential facilities  
 5 mental hospitals



Disorder	%
Attention Deficit Hyperactivity	5.0
Conduct	4.0
Oppositional Defiant	6.0
Enuresis	5.0
Separation Anxiety	4.0
Schizophrenia	0.5
Depression and Dysthymia	8.0
Bipolar	1.0
Agoraphobia	3.0
Simple Phobia	3.0
Social Phobia	5.0
Generalised Anxiety	11.0
Posttraumatic Stress	8.0
Overall	17.0

Disorder	%
Anxiety <sup>3</sup>	8.1
Mood <sup>3</sup>	4.9
Impulse Control <sup>3</sup>	1.8
Substance Use <sup>3</sup>	5.8
Schizophrenia <sup>2</sup> (in Western Cape)	1.0
Bipolar <sup>2</sup> (in Western Cape)	1.0

Mental Health and Poverty Project is funded by the Department for International Development for the benefit of developing countries. The opinions expressed are not necessarily those of the funder.



**Notes:**

- <sup>1</sup> Nursing rates not reported as reliable information is not available. Gauteng did not provide data for psychologists, occupational therapists, and social workers.
- <sup>2</sup> Source: Kleintjes S et al. (2006). The prevalence of mental disorders among children, adolescents and adults in the western Cape, South Africa. *South African Psychiatry Review*; 6: 157-160
- <sup>3</sup> Source: Williams DR et al. (2007). Twelve-month mental disorders in South Africa: prevalence, service use and demographic correlates in the population-based South African Stress and Health Study. *Psychological Medicine*; 38: 211-220
- <sup>4</sup> Data reported only for public sector psychiatric services. Intellectual disability and substance abuse services not included. Outpatient services are general health outpatient facilities at which mental health services may be provided. Missing data on facilities excluded.
- <sup>5</sup> 47% of community residential facilities and 50% of day treatment facilities are provided by the SA Federation for Mental Health.
- <sup>6</sup> Source: Schwabe C. South African Regional Poverty Network. (2004). GIS Centre, Human Sciences Research Council.

**Key Conclusions:**

- There is wide variation between provinces in the levels of mental health service provision.
- There is a lack of routinely available mental health service data for planning and service evaluation.
- Mental health services continue to rely heavily on mental hospitals, although policy recommends the development of community-based facilities.
- Some progress has been made towards integrating mental health into general health care, partly due to the influence of the Mental Health Care Act (2002).
- Services for children and adolescents are severely under-resourced.
- Poverty and mental ill-health interact in a vicious cycle that places people living in poverty at greater risk of developing mental disorders, and people living with mental disorders at greater risk of sliding into poverty.

**Sources:**

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