



BUILDING COMMUNITY HEART

Lifeline Durban aims to reduce personal stress and emotional pain through readily available counselling and growth programmes.

We provide a professional and confidential service offered by well trained, disciplined lay counsellors, facilitators, trainers and social workers.

Counselling normally deals with emotional crisis, trauma, abuse, violence, relationships, youth related issues, loneliness, illness and feelings of hurt, anger, frustration, rejection, disappointment and intentions of suicide.

LifeLine Durban offers:

- 24/7 Crisis Line Counselling
- Face-to-Face Counselling
- Corporate Counselling
- Youth Development Programmes
- Rape Crisis
- Trauma Debriefing (individual & group)
- Awareness Talks

The LifeLine Durban range of services include:

Workshops in:

Depression/Suicide, Grief & Loss, Trauma & Gender based violence

Training:

- Basic counselling: Personal Growth, Counselling skills, Practical/experiential module, stand-alone Personal Growth
- 10 days HIV & AIDS, Life Skills (Personal Growth & Emotional Wellness Journey), Communication & Trauma Debriefing

HIV and AIDS:

- Awareness
- Pre and Post Test Counselling
- CD4 Count
- Testing
- Prevention strategies (use of condoms, condom distribution)
- Support for people affected & infected by HIV & AIDS
- TB Screening



LIFELINE DURBAN DETAILS:

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