

Why do I only stay at Ombili during the day?

A day clinic offers intensive treatment within a structured environment, allowing you to return back home at the end of the day. This re-integration is important because it encourages the translation of learned skills into your everyday life and circumstances. When done purposefully, supported re-integration may also reduce or minimize relapse. As such, improvement of overall functioning, increased independence and social adjustment lies at the core of the therapeutic programme.

Why is group work effective?

Group therapy allows for supported understanding and insight into one's difficulties. It assists us in relating to our self and others in healthier ways. One can practice new skills and get feedback in a safe environment.

Why will I work with a multi-disciplinary team?

Utilizing the skills and knowledge of a variety of mental health care practitioners has been proven to increase effectiveness of treatment. The individual is viewed holistically – integrated healing is achieved in mind, body and soul.

Who will I work with at Ombili Mental Health?

The Ombili team consists of:
Medical Doctors
Clinical Psychologists
Occupational Therapists
Dietician
Music therapist
Physiotherapist
Yoga Therapist
Art facilitator

Do therapists practice ethically and humanely?

At Ombili Mental Health we are dedicated to providing a professional and ethical mental health programme. Our treatment is built on respect of the individual, honouring the wisdom each client brings to the programme. Each group creates their own norms to create a safe therapeutic environment.

“ integrated healing is achieved in mind, body and soul ”

How much time will I spend at Ombili Mental Health?

Ombili Mental Health day clinic offers a 2 week (10 day) treatment programme, from Monday to Friday (08h00 – 16h00).

What age groups are treated at Ombili Mental Health?

Adult groups and adolescent groups are welcome at Ombili.



Why is Ombili Mental Health cost-effective?

Ombili Mental Health is licensed as a clinic in terms of Section 31 of the Hospitals and Health Facilities Act, 1994 (Act 36 of 1994). Ombili Mental Health therefore can claim from medical aids and is contracted in with most funds. All therapeutic interventions, which can be claimed, will be paid out of the psychiatric hospital benefits, hence not depleting day-to-day benefits. No stay over the weekend, as well as no over-night stay is necessary and hence the cost is limited to day-time services only.



Therapeutic Day Clinic





Are you uncomfortably affected by:

- Depression
- Anxiety
- Burn-out
- Stress-management difficulties
- Trauma
- Relationship difficulties
- Work-related problems
- Personality difficulties
- Low self-esteem
- Anger
- Mood-swings

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We welcome you to experience Ombili Mental Health.

Ombili Mental Health Day Clinic has been the long-term dream and vision of local therapists and grew from a belief in and a need for interdisciplinary group work. The treatment and approach to each client is evidence- and outcome-based.



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