



About us

Life Poortview is a dedicated mental healthcare facility specialising in the treatment of psychiatric disorders, including substance dependence or other addictions that are associated with these disorders. Life Poortview is a member of the Life Healthcare group.

Our treatment programmes, facilitated by our multidisciplinary team, have been developed to achieve optimal outcomes through the short term treatment of mental healthcare users in a tranquil and therapeutic environment conducive to their recovery.

our facilities

The modern 80 bed Life Poortview facility has been specifically designed and decorated to foster a sense of peace and tranquillity to assist users in their recovery.

The facility houses the following:

- Private and semi-private rooms accommodating 30 voluntary admitted female users and 30 voluntary admitted male users.
- A 15 bed ward for assisted admissions.
- A five bed secured ward with observation facility.
- An electro-convulsive therapy facility.
- Individual and group therapy rooms.
- Lounges, TV and family visitation rooms.
- Dining rooms with catering services.
- Private courtyards and gardens.
- Recreational facilities.

For further information on Life Poortview or admission procedures please contact the case manager at telephone 010 003 0930 or by email to vanessa.visser@lifehealthcare.co.za

Learn more about mental health issues which affect you

Life Poortview is committed to improving your understanding of mental health issues. We are hosting free community forum meetings* in which you will be able to learn more about certain topics.

| <i>Date (2013)</i> | <i>Topic</i> | <i>Presenter</i> |
|--------------------|-----------------------------------|---------------------------------------|
| 27 June | When is gambling an addiction? | Andries Combrinck (Psychologist) |
| 25 July | How to manage your work stress | Haneke Jonas (Occupational Therapist) |
| 29 August | The art of growing old gracefully | Marlize Devantier (Psychologist) |
| 26 September | Sex, drugs and rock 'n roll.... | Johan Roelofse (Psychologist) |
| 31 October | Music and imagery | Karen de Kock (Music therapist) |
| 28 November | Thinking... or feeling... | Johan de Klerk (Psychologist) |
| 12 December | The ABC to parenting | Erica Erasmus (Psychologist) |

*Correct at time of going to press. Whilst every effort will be made to ensure that the workshops are presented by the advertised speakers, Life Poortview reserves the right to source new/additional speakers in the event of an advertised speaker not being able to honour his/her commitment.

treatment programmes for psychiatric disorders

Treatment programmes for psychiatric disorders are based on cognitive-behavioural principles, and are designed to provide comprehensive and holistic treatment in order to facilitate recovery in people affected by:

- mood and anxiety disorders (i.e. depression, phobias, post traumatic stress and panic disorders);
- personality disorders (i.e. avoidance and dependence disorders); or
- psychotic disorders (i.e. schizophrenia and delusional disorders).

addiction treatment programme

Our mental healthcare programmes also include a treatment programme to assist users whose functioning has become further impaired either as a result of their dependency on psychoactive substances or any other addiction associated with their mental disorder.

This intervention programme is aimed at breaking the cycle of addiction through detoxifying the user whilst implementing an intensive cognitive behavioural psychotherapy programme. The primary goal is to interrupt the cycle of addiction and to foster maintenance of abstinence. This programme, supported by 24 hour specialised nursing care, includes the following:

- Medical treatment.
- Occupational (group and individual) psychotherapy.
- Facilitating family support.