

Complete Mental Health Treatment Guide for South Africans

Your Evidence-Based Resource for Making Informed Decisions

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Introduction

This guide provides an honest, evidence-based comparison of every major mental health treatment available to South Africans. We examine costs, effectiveness, time commitment, side effects, and long-term outcomes to help you make the best decision for your mental health.

What makes this guide different: We don't just list options—we compare them honestly, including approaches that mainstream medicine doesn't always discuss (like Dianetics, traditional healing, and faith-based counseling). Our goal is to give you all the information you need to choose what's right for you.

Treatment Comparison Overview

Treatment	Lifetime Cost	Duration	Approach	Best For
Dianetics	R15,000- R50,000	Finite (weeks- months)	Root cause resolution	Trauma, severe anxiety, lasting change
Psychiatry (Medication)	R300,000- R600,000	Lifelong	Symptom management	Crisis intervention, quick relief
Psychology (Therapy)	R50,000- R150,000/year	Months- years	Coping strategies	Emotional support, mild- moderate conditions
Mindfulness/Meditation	R36,000+ (20 years)	Daily practice	Stress management	General wellness, stress reduction
Support Groups	Free	Lifelong attendance	Peer support	Addiction maintenance, community

For full details on all 11 treatment options, visit <https://helpanxiety.co.za/treatment-guide>

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Independent mental health research for South Africans