

# Complete Mental Health Treatment Guide for South Africans

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**Your Evidence-Based Resource for Making Informed Decisions**

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## Introduction

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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.

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# 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