



HELEN SOCIAL WORK PRACTICE
mental health matters

HELEN MATHEBULA

Social worker
in private practice

Practice no: 1255681 council no: 10-54719

hellytamia@gmail.com 

+27 73 214 7941 

+27 71 471 5285 



Giyani town, old old mutual building, office 207,
next to old FNB



social work services

- Individual/family and group Counselling
- Trauma and debriefing
- Relationship counselling
- Grief and Bereavement
- Parenting skills
- Neurodiversity affirming counselling
- Pre and post marital counselling
- Anger management
- Counselling in chronic illness
- teenage behaviors change and counselling
- Anxiety and stress management