

Gender-Affirming Healthcare Service Providers in Cape Town

This resource is available online at: www.bit.ly/4dUsS9x

V002_July 2026



Psychosocial Support and Counselling

Public Sector:

For children and teens: The Gender Identity Development Service is part of the Red Cross Children's Hospital Division of Child & Adolescent Psychiatry, run by child and adolescent psychiatrist Dr Simon Pickstone-Taylor. **Phone** 021-685-4103 or **Email:** DCAP@westerncape.gov.za for more information on how to make a referral.

NPO Services

Organisation	Services	Location	Contact
The Triangle Project www.triangle.org.za	General health check-ups (not specialised gender-affirming healthcare or prescription meds). For services offered, please see: triangle.org.za/clinic/	2-4 Seymour St, Observatory, Cape Town	Phone: 021-422-0255 Email: health2@triangle.org.za Helpline: 021 712 6699 (from 1-9pm) TGD Support Group +27 72 313 2524
The Counselling Hub www.counsellinghub.org.za	Affordable remote and in-person counselling available.	Unit A033, 1st Floor, The Palms Emporium, 145 Sir Lowry Road, Woodstock, Cape Town.	Phone: 067-235-0019 or 021-462-3902
South African Depression and Anxiety Group (SADAG) www.sadag.org	Free to join online support group for issues faced by transgender people.	Online	WhatsApp Pranav Odyan (he/him): 081-215-3334 Email: pranavodyan@gmail.com
DTHF Safe Spaces and 'Queer & Active' Peer Support Group	Free to join peer support groups with monthly in-person meetings.	Observatory, Cape Town.	Call/WhatsApp Monica: 073-622-1865.

Private Sector

Practitioner Name	Profession	Location	Contact for appointments	Adults	Children	Teens	Online
Dr Simon Pickstone-Taylor (he/him)	Child and Adolescent Psychiatrist	Boland & Claremont	Call: 072-193-2086 Email: clinic@lekkerwijn.com	✓	✓	✓	✗
Dr Allanah Wilson (she/her)	Specialist Psychiatrist	Claremont, Cape Town	Call: 021-879-5616 Email: info@drawilson.com	✓	✗	✗	✓
Dr Adele Marais (she/her)	Clinical Psychologist	Observatory, Cape Town	Email: adele.marais@uct.ac.za	✓	✗	✗	✓
Aurora Brown (she/her)	Registered Counsellor	Sunningdale, Cape Town	Call: 072-313-2524 Email: aurorabrowncounselling@gmail.com www.aurorabrowncounselling.com	✓	✗	✓	✓
Elliot Kotze (he/him)	Registered Counselling Psychologist	Fourways, Johannesburg	WhatsApp: 083 794 8374 Email: admin@elliottkotze.co.za	✓	✗	✓	✓
Alexa Scher (she/her)	Clinical Psychologist	Muizenberg Cape Town	Email: psychologist@alexascher.co.za www.alexascher.co.za	✓	✗	✗	✓
Jenna-Lee de Beer-Procter (they/them)	Clinical Psychologist	District 6 Cape Town	Email: practice@queerpsychologist.co.za www.queerpsychologist.co.za	✓	✓	✓	✓
Niel Victor (he/him)	Clinical & Research Psychologist	Tableview Cape Town	Call: 083-294-5773 Email: niel@victorpsychology.co.za www.victorpsychology.co.za	✓	✗	✓	✓
Carline Jansen van Nieuwenhuizen (she/her)	Counsellor	Rondebosch Cape Town	Call: 071-533-7545 Email: hello@carlinecounselling.co.za www.carlinecounselling.co.za	✓	✗	✓	✓
Chris McLachlan (he/him)	Clinical Psychologist	Hilton KZN	WhatsApp: 082-774-3727	✓	✓	✓	✓
Thomas Geffen (he/him)	Counselling Psychologist	Rosebank, Cape Town	Call: 076-390-1917 Email: tgpsychology@gmail.com www.thomasgeffen.com	✓	✓	✓	✓

Hormone Therapy Providers

Public Sector:

Does the client want to resume or start hormone therapy for the first time?

To resume hormone therapy:

Did the client previously access hormone therapy at a donor-funded clinic such as Wits RHI, Anova / Ivan Toms?

If yes, previously at Wits RHI →

go to Trans Health Service at Desmond Tutu Health Foundation.

Phone/WhatsApp: 083-562-1839 for appointments.

If yes, previously at Anova / Ivan Toms →

go to Green Point CHC. Phone: 021 421 0288.

Address: OC Portsworld Rd, Green Point, Cape Town.

Trans Health Service – Desmond Tutu Health Foundation

- Clients will be seen by appointment only – no walk-ins.
- Clients must bring ID and referral letter.
- **Phone/WhatsApp:** 083-562-1839 for appointments.
- Address: J52 Old Main Building, Groote Schuur Hospital, Observatory, Cape Town.

To start hormone therapy for the first time:

Groote Schuur Transgender Clinics follow **WPATH SOC 8** guidelines.

- **Website:** Click “**Transgender Clinic**” on <https://health.uct.ac.za/departments/psychiatry/clinical-services/groote-schuur-hospital-for-services-referral-pathways-to-the-different-clinics>.
- Clients **not yet assessed** by a health professional trained in assessing mental health and gender incongruence must be referred by a health professional (doctor, nurse, psychologist, psychiatrist, clinical social worker) to the ‘**Psychiatry & Mental Health**’ Transgender Clinic using the **GSH Transgender Clinics Referral Form** (link to form is on website).
- Most clients are first seen at **Psychiatry & Mental Health** for assessment of **Gender Incongruence + mental health**.
 - **Email referral form to:** GSH.PsychOPD@westerncape.gov.za
 - Advise client that clinic runs **once a month** with a **3–6 month waiting list**.
 - **Psychiatry OPD (Tel: 021-404-2151)** will call client to schedule an appointment. Clients can also call this number to confirm their date.
 - **Psychiatry & Mental Health** refers clients to **GSH Endocrine Clinic** for gender-affirming hormone therapy.
- External mental health practitioners (with expertise in the field of Gender Dysphoria), who have completed an assessment of Gender Dysphoria and a mental health assessment, can refer their clients directly to the **GSH Endocrine Clinic**.
 - **All referrals are via Vula**
 - **Endocrine waiting list: 3–6 months**
 - **Endocrine consultant** reviewing the referral will provide a booking code & contact details for the admin clerk → give code to clerk when making the appointment.
 - Hospital sends **SMS reminders 2 weeks before appointment**.
 - **Follow-ups are booked internally by the admin clerk**.

Hormone Therapy Providers

Private Sector: Cost varies between providers

Practitioner Name	Location	Contact for appointments	Adults	Teens	Online
Dr Ray Meas (he/him) My Doctor Family Practice	Strandfontein, Cape Town.	Phone/WhatsApp: 074-893-3296 Email: info@mydr.co.za www.mydr.co.za			
Dr Anastacia Tomson (she/her) My Family GP	Sea Point, Cape Town.	Phone: 021-439-6060 WhatsApp: 063-486-5910 Email: info@myfamily.gp www.myfamily.gp			
Dr Robyn Milton (she/they)	Claremont, Cape Town	Call or WhatsApp: 081-408-3009 Email: admin@docrobyn.co.za www.docrobyn.co.za (with online booking form)			
Dr Megan Martin (she/her)	Blouberg, Cape Town	Email: megan@drmeganmartin.com www.drmeganmartin.com (with online booking form)			
Dr LW Biggs (he/him) Rondebosch Health and Wellness Centre	Rondebosch, Cape Town	Call: 021-205-1707 Whatsapp: 076-670-3441 Email: dronkromboom8580@gmail.com www.drbiggs.co.za			
Dr Nicole Chilimigras (she/they)	Gardens, Cape Town	www.drchili.co.za (Online booking form)			

Gender-Affirming Surgery

Public Sector:

Transgender Clinics at Groote Schuur Hospital: Plastic Surgery Referrals must be done by health/mental healthcare providers via Vula. **Website:** Click “Transgender Clinic” on this page to read more: www.health.uct.ac.za/departments/psychiatry/clinical-services/groote-schuur-hospital

Private Sector:

Practitioner Name	Services	Website
Dr Kevin Adams (he/him):	Masculinising top surgery (breast reduction/removal); Feminising and masculinising bottom surgeries.	www.drkevinadams.com/transgender
Dr Dirk Lazarus (he/him)	Feminising top surgery (breast implants) and masculinising top surgery (breast reduction/removal).	www.plasticsurgery.co.za/
Dr Liana Roodt (she/her)	Masculinising top surgery (breast reduction/removal).	www.capebreastsurgeon.co.za/specialist-services/gender-affirming-top-surgery/
Dr Wilandie Jacobs (she/her)	Masculinising top surgery (breast reduction/removal).	www.alieshastaples1.wixsite.com/drjacobs
The Cosmetic Surgery Institute	Feminising and Masculinising surgeries.	www.cosmetic-surgery.co.za/cosmetic/transgender/