

Need help?

You can find a range of tools, services, resources and useful tips here:

- Training
- Health services and counselling
- Infrastructure, shelter and housing

Training

Learn Through Play Training : Fondation pour l'Enfance - Terre de Paix

As part of its MQA-certified training programmes, the Fondation pour L'Enfance - Terre de Paix offers the "Learn through Play" training focused on early childhood, specialised education care and services, and art therapy. The training is open to the public and takes place over one and a half days during school holidays at a cost of Rs 1000 per participant.

Organisation

Fondation pour l'Enfance - Terre de Paix

Contact

Tel: 238 4196

Website: www.terredepaix.org

ACTogether Profile: <https://www.actogether.mu/fr/trouver-une-ong/fondation-pour-lenfance-terre-de-paix>

Blog: blog.terredepaix.org

Facebook: [jardindeveil](https://www.facebook.com/jardindeveil)

Projet Employabilité Jeunes (PEJ) - Beachcomber

The Projet Employabilité Jeunes provides comprehensive training in various hospitality professions for youth aged 16 to 25, aimed at enhancing their employability. The 7-month course runs from March to September and features weekly theoretical classes for the first 6 months. Additionally, participants have the opportunity to intern at one of Beachcomber's hotels for 3 months or more. Upon earning the Youth Employability Project Certificate, participants can opt to pursue NAP Level 2 with MITD.

Organisation

Fondation Espoir Développement - Beachcomber (FED)

Eligibility Criteria

The training is designed for out-of-school youth without stable employment who are motivated to learn a trade in the hospitality industry. Admission is based on an interview. The course is available in five regions: North, Plaine Wilhems, South-East, South-West, and South. This service is not available in Rodrigues.

Cost

The training is fully funded by FED, costing approximately Rs. 25,000 to Rs. 35,000 per participant.

Contact

Email: training.pej@beachcomber.com

Phone: (230) 601 9000

Facebook: [Projet Employabilité Jeunes](#)

Functional Literacy Programme – Caritas Ile Maurice

The Functional Literacy Programme empowers adults with essential literacy skills, including reading, writing, counting, and speaking to enable them to become more independent and cope with challenges of everyday life.

Organisation

Service de Formation, Caritas Ile Maurice

Eligibility Criteria

Designed for illiterate adults and children with learning difficulties.

Contact

Josian Labonté

Tel: 212 2772 / 212 3405

Email: serviceformation.caritas@gmail.com

Technicienne de Maison (Home maintenance) - Caritas Ile Maurice

This training aims at developing the skills of unemployed women in the areas such as food preparation, cleaning, child minding among others. It is also geared towards fostering the social and professional integration of women. The training begins with the 'Life Skills Management' course to help the learner identify a suitable career path. Technical courses are taken alongside remedial classes in French and English.

Organisation

Caritas Ile Maurice

Eligibility Criteria

No eligibility criteria

Contact

Caritas Riviere Noire

Tel: 483 5323

Atelier technique de Rivière Noire - Caritas Ile Maurice

The training centre for out-of-school youth aims to enhance their employability and reintegrate them into the job market and society by offering workshops in wood carving, plumbing, crafts, and literacy.

Organisation

Caritas Ile Maurice

Eligibility Criteria

For boys who are out of school, regardless of their educational level.

Contact

Caritas Rivière Noire

Tel: 483 1528

Professional Pastry Training - Caritas Ile Maurice

The training is designed for unemployed individuals, youth, and women who aspire to pursue a career in the pastry field or start their own micro-enterprises. The programme includes internships in hotels and supermarkets, providing practical experience and industry exposure.

Organisation

Caritas Ile Maurice Canne en Fleur Training Centre

MQA accredited training

Eligibility Criteria

Participants should be motivated to complete basic pastry training as a first step to joining the workforce.

Contact

Chef Simon Carnel

Tel: 261 8488

Health services

Counselling and Support for LGBTQI Individuals - Collectif Arc-en-Ciel

The Collectif Arc-en-Ciel (CAEC) offers counselling sessions online to individuals of the LGBTQIA+ community and carries out advocacy against homophobia and various forms of discrimination based on sexual orientation and gender identity.

Contact

- Schedule an appointment via WhatsApp: 5 971-6496
- Website: <https://collectifarcenciel.org/>
- Facebook page: www.facebook.com/collectifarcenciel.org
- Sessions are held on Saturdays from 9 AM to 12 PM

Free and Anonymous HIV, Hepatitis C, and STD Testing – Prévention Information et Lutte contre le Sida (PILS)

- Rapid testing for HIV, Hepatitis and other STDs
- Healthcare follow up
- Daycare centre at Nou Vila/Centre Banian
- Psychological support

Contact

Address: 3rd Floor - Labourdonnais Court, 47, St Georges St, Port Louis

Tel: (230) 212 4841

Website: www.pils.mu

Please call to make an appointment.

Clubfoot Care - Step by Step

Offers awareness, screening, treatment, medical care around clubfoot condition based on the Ponseti method in collaboration with the Global Rainbow Foundation.

Contact

Elise Martinez

Tel / WhatsApp: 826 8491

Email: ongstepbystep.contact@gmail.com

Rapid HIV and Hepatitis C Testing and Counselling - AILES (Aides Infos Liberté Espoir et Solidarité)

- Carries out rapid testing for HIV and Hepatitis C and other STDs
- Referral to specific medical teams
- Comprehensive care addressing the different issues faced by HIV-positive individuals and people living with Hepatitis-C; including acceptance of the disease, exclusion, self-stigmatisation, therapeutic adherence, access to social aid and night shelters and psychological support

- Home-based medical care and hospital appointments, support groups, food support therapeutic education for people living with HIV and their families.

Contact

Tel: 696 2118

Email: ailesmangalkhan2009@gmail.com

Address: Loges de Mangalkhan, Floreal

Addictions - Centre Frère René Guillemin (CFRG)

CFRG carries out drug prevention awareness and provides rehabilitation support to the youth.

Contact

Centre d'Accueil de Terre Rouge (C.A.T.R)

Profile: www.actogether.mu/fr/trouver-une-ong/centre-d-accueil-de-terre-rouge-catr

Address: Plaine des Papayes Rd, Rivière Citron, Pamplemousses

Tel: 249 5339 / 248 7041

Addictions - Le Centre de Solidarité pour une Vie Nouvelle (CDS)

CDS offers free of charge rehabilitation services to individuals struggling with an addiction (drugs, alcohol, etc.).

- Therapeutic programme for individuals struggling with an addiction
- Provides support to families with a member facing addiction
- Offers outreach services to the community

Contact

Address: Impasse Larcher, Royal Road, Beau-Bassin, Rose-Hill

Tel: (230) 464 9980 / (230) 464 7815

Email: info@centredesolidarite.org

Walk-in service for first contacts: Tuesday, Wednesday, and Friday (9 AM - 4 PM)

Advice, Support, and Training for Parents of Children with Autism - Autisme Maurice

Autisme Maurice focuses on providing comprehensive support and education for children and youth living with autism.

- Specialised Service for Autism Evaluation and Diagnosis in Mauritius (SEDAM) offered by Autisme Maurice based at Wellkin Hospital
- Counselling, support and training for parents of children with autism free of charge
- Runs a special needs school for children with autism

Contact

Autisme Maurice

Tel: 428 0158

Website: <https://autismemaurice.org/fr/>

Wheelchair Repair - Global Rainbow Foundation

Give your wheelchair a second life with the Global Rainbow Foundation's repair workshop.

- Repair and refurbishment services for manual and motorised wheelchairs, crutches, walkers and other equipment

Contact

Address: Gandhi Sarvodaya Kendra Royal Road Petit Raffray

Tel: 283 8604

Email: wheelchairrecycling@hotmail.com

Cancer - Link to Life

Link to Life offers services to people facing cancer and their families at the centres based at Vacoas and Pamplemousses and at Candos and Pamplemousses public hospitals.

- Active listening and counselling to patients and their families
- Breast cancer check-up (palpation and ultrasound)
- Cervical cancer check-up (Pap smear)

Contact

13, Britannia Park, Vacoas

Tel: (230) 686 0666

Link to Life North Branch, Pamplemousses (next to SSR Hospital)

Tel: (230) 243 9593

Alcohol Addiction – Alcooliques Anonymes (AA)

Alcooliques Anonymes (A.A.) offers support to individuals (adults and children) with an alcohol dependence and their families.

- Support groups for individuals struggling with alcohol addiction in different parts of the country
- Free sessions are offered at Brown Séquard Hospital in Beau Bassin

Contact

Tel: 5 762 8265 / 5 973 7777 / Hotline: 5 716 3355

Rehabilitation Centre for Women - Chrysalide

Chrysalide is a rehabilitation centre dedicated to women who are struggling with addictions.

- Residential rehabilitation services to women and their children

Contact

Tel: 452 5509

24/7 Medical Care - Médecin à Domicile

Médecin à Domicile provides medical care at your doorstep.

- Available 24/7 across Mauritius
- Carries out medical consultations, wound dressings, blood tests, electrocardiograms and others at home
- Services are available Monday to Friday from 9 AM to 8 PM and Saturday from 9 AM to 4 PM

Contact

Tel: 5 801 7777

Website: www.medecin.mu

Facebook: <https://www.facebook.com/MDMAURITIUS/>

Audiology Advice and Hearing Tests - The Trevor Huddleston Association for the Disabled (Rodrigues)

The Trevor Huddleston Association for the Disabled, an accredited NGO located in Rodrigues at Camp du Roi, Port Mathurin.

- Offers audiology advice and hearing tests free of charge (unless assistance is required outside the centre's operating hours)
- Provides guidance for hearing problems
- Specialised educational support for children with learning difficulties

Contact

Susan Auguste / Paul Draper

Tel: 831 1766 / 832 0120

Fax: 831 2276 / 832 0120

Email: pdraper@intnet.mu

Disabilities - Association de Parents d'Enfants Inadaptés de l'île Maurice (APEIM)

APEIM provides services to people with mental disabilities.

- Early intervention services
- Runs education and training programmes
- Carries out home visits
- Offers medical and paramedical services

Contact

Address: Morcellement Belzim, Trianon

Tel: 467 1681 / 467 1711

Website: <https://apeim.org/>

Infrastructure, shelter, and housing

Domestic violence – Passerelle

Passerelle is a facility providing emergency assistance to homeless and to women escaping domestic violence and their children.

- Is open 24/7
- Provides temporary shelter to women and their children
- Provides legal, psychological and medical support to women and their children
- Provides rehabilitation services

Contact

Tel: 5 882-1000

Email: passerellewomencentre@gmail.com

Domestic violence - SOS Femmes

SOS Femmes provides:

A shelter for women and their children escaping domestic violence.

rehabilitation programme to help women in distress to recover and rebuild their lives in a secure environment.

Contact

ACTogether Profile: www.actogether.mu/fr/trouver-une-ong/sos-femmes

Address: 36, Ramanah Maharshi Street, Belle-Etoile, Coromandel

Tel: 233-3054

Housing Fund – Caritas Ile Maurice

Services Caritas offers regarding housing needs:

- Financial assistance to complete construction of house
- Assist to become owner of a social housing unit
- Avoid seizure of house

Contact

Cursley Goindoorajoo
Tel 212 3405 / 261 2770

Shelter for men - APPEL

APPEL runs a shelter in Roche Bois providing:

- A safe place for homeless adult males to sleep and essential support services.

Contact

Address: Abbatoir Road, 2e étage, ex Rishi Building, Roche-Bois
Tel: 242 2441

Abri de Nuit - Caritas

Caritas Ile Maurice manages a Night Shelter service specifically for homeless men, offering them a safe place to stay and fundamental support services to help them through difficult times.

Contact

Tel (Port Louis): 242 9030
Tel (Plaine Wilhems): 464 5469