

Student Wellness Service Available at Health Science Campus

Dear Students

The physical, emotional and mental health of our Undergraduate and Postgraduate students is of great importance to us. The University SWS has expanded support services available to students. This is in line with providing comprehensive student wellness support. There is no longer a long waiting period for those seeking help. The details are below:

Registered Counsellors

- Duration of Service: Available from January 2020 until December 2020
- Times: Mondays - Fridays from 08h30 – 16h30

*Venue: At Room 23.1, G Floor, turn on your right to G26, at reception, ask for the counsellor who is situated in room 23.1. This room can be accessed through the bridge that connects the Faculty of Health Sciences and Groote Schuur Hospital. Take the stairs or escalators to G Floor. **The initial session is 30-minute-long and free of cost. The follow-up session is 40 minute-long and free of cost.***

Clinical Psychologist

- Duration of Service: Available from January 2020 until December 2020
- Times: Mondays - Fridays from 08h30 – 16h30

*Venue: Room 1.43, on the side of Entrance 5, Ground Floor, Falmouth Building, Faculty of Health Sciences. This room can be accessed through the entrance in the lane between Falmouth Building and the Health Economics Building. On your left-hand side towards the turnstile / access for the bicycles in Falmouth area. To access the counselling room, please use your student card or knock. **The initial session is 30-minute-long and free of cost. The follow-up session is 40-minute-long and costs R50.***

Please contact the FHS Student Development and Support (FHS-SDS) Office, Room N2.17 Wernher & Beit North Building at Nonkosi.Malala@uct.ac.za or 021 406 6749/ 021 650 7189 for assistance. Confidentiality and privacy are guaranteed.

Alternatively, use the link below to book and confirm an appointment with a psychotherapist:

<https://outlook.office365.com/owa/calendar/STUDENTWELLNESSSERVICEPSYCHOLOGICALSERVICES@mscloudtest.uct.ac.za/bookings/>

SADAG offers 24/7 telephonic counselling: 080 012 1314 / 32312 for a call-me-back.

* Operated by the SA Depression & Anxiety Group.