

# FHS – Student Wellness Service

## Available at Health Science Campus

---

Dear Students

The physical, emotional and mental health of our students is of great importance to us. We have been expanding our support services and have more people to assist you in providing wellness support. There is no longer a long waiting list for those seeking help. We have also created a helpline for any kind of emergency assistance or someone to talk to. The helpline is reachable 24 hours around the clock, 7 days a week.

The counsellors can assist in providing both individual and group counselling. The details are below:

### FHS – SESSIONAL COUNSELLING PSYCHOLOGIST: MS HELEN MALGAS

**Duration of Service:** Available until 08 December 2017

**Times:** Mondays from 09h00 -17h00

### FHS – SESSIONAL SOCIAL WORKER: MS RETHABILE LEANYA

**Duration of Service:** Available until 31 December 2017

**Times:** Tuesdays from 09h00 -12h30

Wednesdays to Fridays from 09h00 -17h00

### FHS – SESSIONAL CLINICAL PSYCHOLOGIST: MS BRONWYN EVANS

**Duration of Service:** Available until 02 December 2017

**Times:** Saturdays from 09h00 -12h00

**FHS – SWS 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 as you go towards the turnstile / access for the bicycles in Falmouth area. **Please use your student card or knock.**

***Please contact the FHS Student Development and Support (SDS) Admin Office, Room N2.17 Wernher & Beit North Building at 021 406 6749 to request an appointment request form, in order to book an appointment. Available to all UG Health Sciences students. Confidential and private. Where possible (depending on availability) students will be seen at Student Wellness Service – 28 Rhodes Avenue, Mowbray.***

### 24/7 TELEPHONE COUNSELLING SERVICE NUMBERS FOR STUDENTS IN DISTRESS

*Please also consider making use of the UCT Student Careline should you be placed on a waiting list or should you require emotional support prior to an appointment becoming available - 0800 24 25 26. This number can be accessed for free from a Telkom line. You can also SMS 31393 for a call-me-back. It offers 24/7 telephonic counselling, advice, referral facilities and general support to individuals facing any mental health challenges, or contemplating suicide. The line is also available to offer support and advice to anyone who is concerned about another person who might be in distress. They will also be able to advise and refer callers to both internal UCT resources and external (NGO, public and private) resources.*

\* Operated by the SA Depression & Anxiety Group.