

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 team and have more staff available 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 individual counselling. The details are below:

SESSIONAL COUNSELLING PSYCHOLOGIST: MS HELEN MALGAS

Duration of Service: Available until 19 November 2018

Times: Mondays from 09h00 -17h00

SESSIONAL SOCIAL WORKER: MS RETHABILE LEANYA

Duration of Service: Available until 30 April 2018

Times: Tuesdays from 08h30 -12h30

Wednesdays to Fridays from 09h00 -17h00

Saturdays from 09h00 -12h00

SESSIONAL CLINICAL PSYCHOLOGIST: MS BRONWYN EVANS

Duration of Service: Available until 30 April 2018

Times: Tuesdays from 13h00 -17h00

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 nonkosi.malala@uct.ac.za or 021 406 6749 to request an appointment form, in order to book an appointment. The service is available to all UG Health Sciences students. Confidentiality and privacy is guaranteed. 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 a **dedicated hotline for UCT FHS students, not only medical students. Importantly, not dependent on medical aid- 0800 323 323 or 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.*