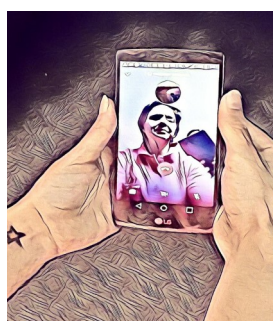


# STUDENT SUPPORT SERVICES DURING THE LOCKDOWN PERIOD

Student Support Services in the College of Health Sciences is offering online counselling services during the lockdown period. Your mental health and wellbeing is our concern and we understand that you may be feeling uncertain and anxious during this lockdown period.



Students who require counselling and support may book an appointment by sending a message to [chs.sss@ukzn.ac.za](mailto:chs.sss@ukzn.ac.za). Please send through 2 available date and time slots for your appointment, with your student number and contact number. The FDA (Front Desk Administrator) will respond to your appointment request and confirm the date and time of your appointment.

**Peer Wellness Mentors** offer psycho-social support to all 1st year students and assists in timeous referrals.

**Toll Free Line**  
Student Support Services  
080 080 0017

**For Afterhours Mental Health support** contact

- **Lifeline** 0861 322 322
- **SADAG** 0800 567 567
- **24 hour helpline** 0800 456 789
- **Medical Students Discovery Helpline** 0800 323 323
- **GBV** 0800 428 428  
Please Call Me \*120\*7867#
- **Covid-19 Counselling** 0800 786 786

**Monday – Friday**  
**9am – 4pm**

**For Medical or Psychiatric Emergencies** contact  
**ER24 084 124**

## RISK MANAGEMENT SERVICES EMERGENCY NUMBERS

|                    | Howard College & Medical School | Edgewood Campus | Pietermaritzburg Campus | Westville Campus  |
|--------------------|---------------------------------|-----------------|-------------------------|-------------------|
| 24hr Emergency     | 031-260 3777                    | 031-260 3493    | 033-260 5211            | 031-260 7133      |
| Incident Reporting | 031-260 2540/2542               | 031-260 3493    | 033-260 5211            | 031-260 7265      |
| General            | 031-260 2818                    | 031-260 3493    | 033-260 5211            | 031-260 7133/7265 |

GBV Toll-free helpline: 0800 150150

Anonymous Crime Information Reporting Line: 031-260 3333

Tip Offs Anonymous: 0800203285