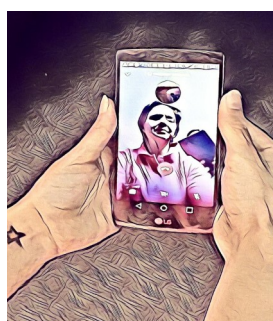# STUDENT SUPPORT SERVICES
DURING THE LOCKDOWN PERIOD

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. 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

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