



UNIVERSITY OF
KWAZULU-NATAL™
INYUVESI
YAKWAZULU-NATALI

COLLEGE OF
HEALTH SCIENCES

STUDENT SUPPORT SERVICES



Mental Health **RESET**

Unleash your potential to embrace change

09 October	Beyond the Myths: A Fresh Perspective on Mental Health
16 October	Understanding trauma
23 October	Rest & Relax: The Art of Living Well
30 October	Regulating emotions inside and outwards
06 November	Men's Mental Health

Meeting ID: 924 1044 5059



Click here to register

Email to secure an appointment
chs.sss@ukzn.ac.za

#WeCare about your well-being and advocate for social justice and excellence

Self-care is how you take your power back ~ Be curious & focus on being your unique self



UKZN'S HEARTBEAT



INSPIRING GREATNESS