

UFS STUDENT MENTAL HEALTH SUPPORT



STUDENT COUNSELLING & DEVELOPMENT (SCD)

STEP 1 Access our **online resources** which cover a variety of topics ranging from academic support to psychological wellbeing.

#WellbeingWarriors
UFS Student Toolkit
(Available on UFS website)

STEP 2 Make use of the 24/7 toll-free **dedicated SADAG UFS Student Careline**

0800 00 6363
SMS 43302
helpline@sadag.org

STEP 3 To schedule an appointment with a **Mental Health Professional**, please contact us:



BLOEMFONTEIN CAMPUS

051 401 2853
SCD@ufs.ac.za

QWAQWA CAMPUS

058 718 5032
SCDQQ@ufs.ac.za

SOUTH CAMPUS

051 401 2853
SCDSouth@ufs.ac.za

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Transforming lives.*

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**STUDENT AFFAIRS
STUDENTESAKE
DITABA TSA BAITHUTI**

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