

FIND SUPPORT. ANYTIME, ANYWHERE.



Access us on Blackboard!



Student Counselling & Development (SCD)

Student Counselling & Development (SCD) creates a conducive environment for the development and achievement of individual, academic and career goals. We aim to support students in the resolution of challenges that may impede the fulfilment of their potential.

SCD has numerous **Mental Health Resources** available to students on both our website and our Blackboard page. These include pre-recorded workshops, articles, posters, videos and podcasts.



ORGANIZATION CODE
0202600118



ACCESS OUR BLACKBOARD PAGE:

https://ufs.blackboard.com/ultra/organizations/_22373_1/cl/outline

Use this link to access our Blackboard page for all available resources.

WHAT YOU'LL FIND ON OUR BLACKBOARD PAGE:



Events and Invites

Stay updated on events, important dates and invitations.



Contact Information

Find our contact details and how to reach us.



Online Workshops

Access pre-recorded workshops to support your well-being.



Student Toolkit

Practical tools and resources to support your mental health.



Wellbeing-Warriors (Self-help tools)

Self-help resources to help you build resilience and well-being.



REBT Programme

Access the REBT programme and related resources.



Need help or have questions?

Please contact **naudeFE@ufs.ac.za**

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