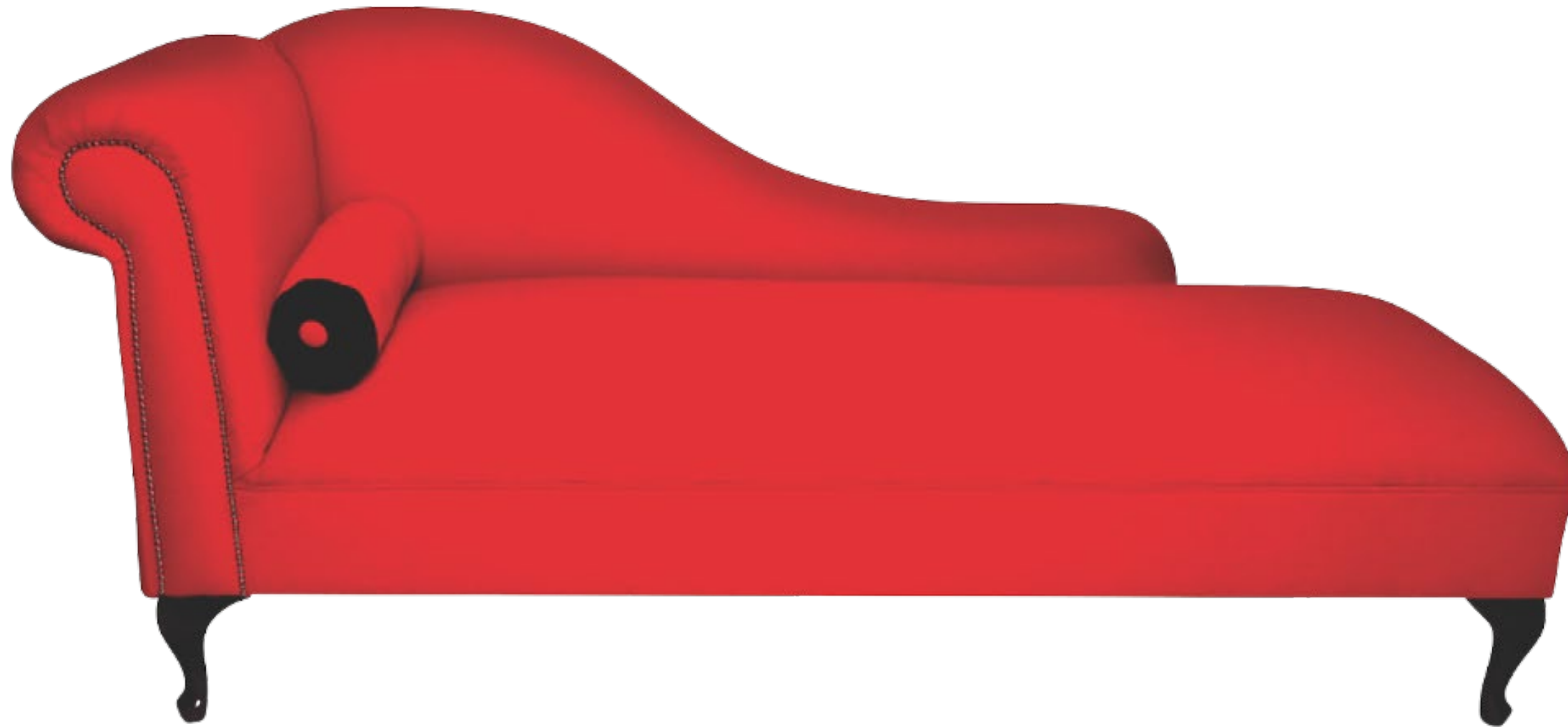


Student Counselling & Development (SCD)



+27 51 401 9111 | scd@ufs.ac.za / scdq@ufs.ac.za / scdsouth@ufs.ac.za | www.ufs.ac.za/kovsiecounselling

 UFSUV |  UFSweb |  UFSweb |  ufsuv

*Inspiring excellence, transforming lives
through quality, impact, and care.*

UNIVERSITY OF THE
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YUNIVESITHI YA
FREISTATA



UFS

STUDENT AFFAIRS
STUDENTESAKE
DITABA TSA BAITHUTI

STUDENT COUNSELLING AND
DEVELOPMENT (SCD)

All services are



FREE

Services

- Individual counselling
- Once-off workshops
- Developmental programmes
- Career Counselling
- Online mental health resources



**Why should I
see a
psychologist
/ registered
counsellor?**



**You can learn new
skills or receive
assistance in**



The background features a light blue gradient with several white paper airplanes scattered across the scene. A single yellow paper airplane is positioned in the upper right corner, pointing towards the center. The text is centered and overlaid on the airplanes.

Adjustment to University

Stress Management



Self-development





Healthy Relationships



Conflict



Management

Depression



Anxiety





Trauma

Self-discovery



Anger Management



Self-care



Grief





Sexual orientation

Dealing
with difficult
thoughts

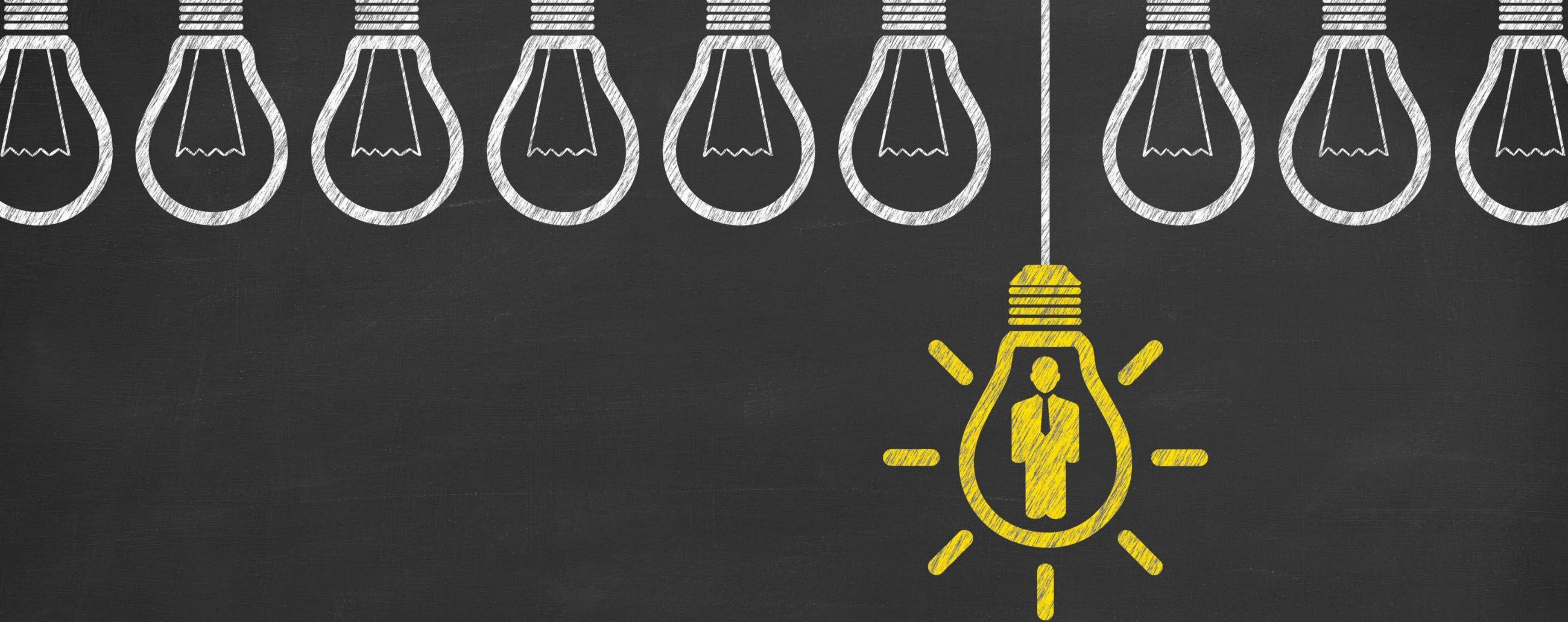


Build Resilience





Reach your full potential!



Other resources

A desk setup featuring a laptop on the right, a dark grey mug on the left, a white pencil holder in the center, and a spiral notebook on the far left. The background includes a white wall with a framed picture and a green plant on the right.

Online Mental Health Resources



24/7 Tollfree Mental Health Careline

0800 00 63 63

Bfn: **scd@ufs.ac.z**

QQ: **scdqq@ufs.ac.za**

South: **scdsouth@ufs.ac.za**

www.ufs.ac.za\kovsiecounselling

