

Student Counselling and Development Road Map



DID YOU KNOW?

You can care for your mental health in many ways – not only with therapy! Let's journey on this road map that provides more resources for mental health care.

Try some of the **tips** provided on the SCD website; invite a friend to join!
www.ufs.ac.za/kovsiecounselling

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Use the 24/7 toll-free **UFS Student Careline**:



0800 00 6363



SMS 43302



helpline@sadag.org



4

Come to SCD and **book an appointment**



Bfn campus: Kovsie Health Building or 051 401 2853

QQ Campus: Intsika Building or 058 718 5125



South Campus: Bohlale B Building or 051 505 1989

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Grab the opportunity to attend a **workshop or developmental programme**. Workshops are also presented in college format. Look out for Blackboard announcements.



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Attend the **Mental Health Survival Guide** workshop. This will assist you in developing skills to aid you in therapy. Look out for Blackboard announcements.

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A **therapeutic process** with a Mental Health Professional can start.

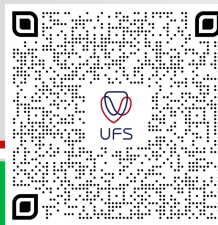


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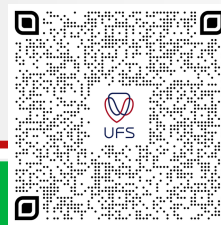
Start **browsing...**

#WellbeingWarriors

UFS Student Toolkit



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T: +27 51 401 2853 / +27 58 718 5125 / +27 51 505 1989 | E: scd@ufs.ac.za / scdqq@ufs.ac.za / scdsouth@ufs.ac.za | www.ufs.ac.za/kovsiecounselling

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