

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.

Start browsing...

[#WellbeingWarriors](#) [UFS Student Toolkit](#)



1

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



3

2

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

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

-  0800 00 6363
-  SMS 43302
-  helpline@sadag.org



4

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

5

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



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



6

7



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