

STUDENT SUPPORT

Tel no: 012 420 2333/4002

IT IS OF THE UTMOST IMPORTANCE
THAT YOU VISIT STUDENT SUPPORT.
PROOF IS REQUIRED OF YOUR VISIT AND SUBSEQUENT APPOINTMENTS.

Speak to:

- Assistant on duty

Regarding:

ACADEMIC DEVELOPMENT

- Study Methods and Reading Courses
- Time Management
- Stress Management
- Career Counselling and Assessment
- Career Planning (CV writing, job interviews)

POTENTIAL DEVELOPMENT

- Conflict Management
- Communication Skills
- Goal Setting
- Problem Solving

INDIVIDUAL AND RELATIONSHIP COUNSELLING

- Relationships
- Interpersonal problems (family, friends)
- Stress and Depression
- Eating Disorders
- Life Trauma (loss of loved ones, traumatic events, etc.)
- Emotional problems
- Development of life skills

HIV/AIDS

Counselling is given at *Student Centre, Room 1-86*. (420 4392)

STUDENT SUPPORT SERVICES IS AT THE STUDENT CENTRE

Referred by Department of Enrolment
and Student Administration
Admin Bldg R2-31 (Tel 012 420 2373)

If you need specific help, keep this list of numbers from the [Department of Student Affairs](#) handy.

Professional Counselling

UP Counselling 012-420-2333

Support with studies

Faculty Student Advisors

EBIT 012-420-6532

NAS 012-420-6740

EMS 012-420-6743

Humanities 012-420-6963

Education 012-420-5968

Law 012-420-6830

Theology 012-420-6707

Veterinary Science 012-420-4009

Health Science 012-356-3351

#SpeakOut

Crisis Line 0800-006-428

UP Careline 0800-747-747

Urgent/ Online Counselling

UP Careline (SADAG) 011-234-4837

Rape

Notify Campus Student Health Clinic 012-420-2500

Campus Security 012-420-2310 (this number is behind your student card as well for any other emergency)

First Aid/ Emergency help after rape (within 72 hours)

Medico Legal 012-354-1874

Thuthuzela Centres 012-801-4504

Befrienders

HIV testing and counselling 012-420-2500

Everything that you do in the present has an impact on your future, so make today matter and make the most of learning all about your new environment this Orientation Week!