

Your mental health is essential to your academic success!

Welcome! The Student Counselling Unit (SCU) wishes you a safe, healthy and prosperous 2021!

Research shows that students with higher levels of mental health are more likely to achieve academic outcomes at university. Why is this so? Our mental health includes our emotional, psychological and social well-being. It involves how we think, feel, and behave. Our mental health can influence our concentration, attention, motivation, ability to learn, memory, how we handle stress, how we relate to others, our sleep patterns and our daily choices or habits etc. Just like physical health, mental health can fluctuate over time but there is a lot we can do to enhance our mental health. At the SCU, we are committed to supporting you in achieving academic success, higher levels of mental health and optimal overall wellbeing by providing the following **essential online, free services**:

- career assessment and career counselling (for uncertainty with field of study or career path),
- private, confidential e-screening and e-counselling sessions with professional psychologists to assist with mental health problems or conditions e.g. depression, anxiety, trauma, relationship difficulties, academic stress, family problems, loss or bereavement, self esteem issues, fear of failure, social anxiety etc.
- Exciting workshops e.g. adjusting to university, building resilience, managing exam stress, developing communication skills, etc.
- Cognitive training for academic difficulties or to enhance cognitive abilities.
- Concessions assessment in conjunction with the Disability Unit
- An SCU Mental Health podcast series <https://anchor.fm/scumentalhealth>
- A 24-hour UP Careline 0800 747 747 for after-hours support or in case of a psychological emergency.
- Referrals to peer support groups and other professionals.
- Valuable self-help resources via our website

Check out our website for an exciting resilience competition launching soon with great cash prizes up for grabs!!!

To access our services, send an email to:
studentcounselling@up.ac.za