



UNIVERSITEIT • iYUNIVESITHI • STELLENBOSCH • UNIVERSITY



**The Centre for Student Counselling and Development offers free and confidential support services to students at Tygerberg Campus. Our Tygerberg offices are located on the second floor of the Tygerberg Student Centre (directly above the gymnasium).**

### **The Unit for Psychotherapeutic and Support Services (UPSS)**

Psychologists assist their clients to address psychological, emotional and relational problems as well as facilitate personal development. Two permanent clinical psychologists are based on Tygerberg campus. Our services are well utilised and there is often a waiting list for individual psychotherapy. Consultant psychologists are contracted in to render additional services to assist in managing the waiting list.

Students can call the CSCD at **(021) 938 9590** or report to reception to make an appointment with a Clinical Psychologist.

#### ***Individual psychotherapy***

The focus of therapy can include problems like depression, anxiety, relationship issues, trauma or grief. The UPSS offers short-term therapy. If students need to be absent from academic responsibilities to enable them to make use of the service, arrangements can be made with the faculty.

#### ***Group interventions***

Group interventions are facilitated, including Breathing Space (relaxation exercises group); Connect (group therapy); as well as debriefing and wellness reflection group sessions. Enquiries about group interventions can be sent to [anmaree@sun.ac.za](mailto:anmaree@sun.ac.za)

#### ***Crisis service***

ER24 renders a free after hour crisis service for emotional or medical emergencies to Stellenbosch University students. Students that experience emotional crisis after hours (between 16h00 and 8h00) can call **010 205 3032**, identify themselves as a University of Stellenbosch student and request a trauma counsellor. Telephonic counselling, as well as face to face counselling is available to Tygerberg campus students. Students who need medical assistance will be stabilised free of charge. If they need to be transported to a hospital a fee will be incurred.

Students who feel that they are in crisis can request an urgent appointment at reception during working hours. They will subsequently be screened by a psychologist or counsellor to determine what type of assistance is required.

*saam vorentoe • masiye phambili • forward together*

Sentrum vir Studentevoorligting en -ontwikkeling | Centre for Student Counselling and Development

Studentesake | Student Affairs

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## **Unit for Academic Counselling and Development (UACD)**

Individual and group sessions that support students with academic difficulties are offered. This includes career counselling, focus on effective study methods, how to use time more productively as well as stress management. Students can call the CSCD at **(021) 938 9590** or report to reception to make an appointment with an educational psychologist.

## **Equality Unit (EqU)**

The Equality Unit (EqU) at the Centre for Student Counselling and Development (CSCD) is responsible for the promotion of collective action towards social justice and discourse regarding social asymmetries at Stellenbosch University (SU). The unit deals with all aspects of unfair discrimination, harassment, sexualities, gender-based violence and HIV/Aids and furthermore oversees the implementation of SU's two policies on HIV / Aids and Unfair Discrimination and Harassment.

Anyone (staff or student) who experiences any form of discrimination or harassment within the university premises may report their complaint to the Equality Unit - discrimination may include but is not limited to racism, sexism, transphobia, homophobia, xenophobia or ableism. Please note that all reported cases are handled in accordance with the SU Policy on Unfair Discrimination and Harassment and that any contact with EqU is strictly confidential and does not commit you to following a formal process.

To report discrimination, or for more information, send an email to [unfair@sun.ac.za](mailto:unfair@sun.ac.za) or contact us at (021) 808 3136. You can also visit us at Huis Simon Nkoli House at 39 Victoria Street, Stellenbosch. We have a staff member at the FMHS every second week during term. Follow on social media: Facebook: Stellenbosch University Equality Unit - Eenheid vir Gelykwaardigheid and Twitter: SU Equality Unit for dates when we are at Tygerberg.

## **Unit for Graduan Career Services (UGCS)**

The unit offers a range of interventions intended to prepare students for the job-seeking process and the world of work. Work sessions are offered on request on the following topics: CV Writing Skills, Interview Skills, Cover Letters, Personal Branding / LinkedIn Profile and Job-Seeking Methods. To find out more the Unit can be contacted at (021) 808 3568 or email [stm@sun.ac.za](mailto:stm@sun.ac.za)

## **Disability Unit (DU)**

The Unit offers various services to students with disabilities or special learning needs, including the development of accessible texts, advice about and access to support technology and innovative academic support. This unit also manages requests for test and exam concessions – see application forms on [www.mymaties.com](http://www.mymaties.com) under Tests and Exams or contact [skryftyd@sun.ac.za](mailto:skryftyd@sun.ac.za) or [disability@sun.ac.za](mailto:disability@sun.ac.za).

For more information on the CSCD services, visit [www.sun.ac.za/cscd](http://www.sun.ac.za/cscd). Further information is also available on the notice board at the TSS building.