

**Subject:** COVID-19 UPDATE (28) – WELLNESS SERVICES FOR STUDENTS AND STAFF

**Date:** Friday, 15 May 2020 at 14:53:00 South Africa Standard Time

**From:** Shirona Patel on behalf of VCO News

**To:** VCO News

## Dear Colleagues and Students

We trust that you are healthy and safe.

The majority of our staff and students have been home for 50 days now and given the many changes, it is expected that some individuals and families may be finding it difficult to deal with the disruption to normal life. We remain concerned about your well-being and want to remind you of a number of services available to staff and students during this period.

## HELP FOR STUDENTS

The **Wits Student Crisis Line** is available 24/7/365 on 0800 111 331 to all Wits students who require counselling, including those feeling anxious or uncertain during the lockdown.

Students who require personal, career or life coaching counselling services can email the **Counselling and Careers Development Unit** (CCDU) via [info.ccd@wits.ac.za](mailto:info.ccd@wits.ac.za) between 08:00 and 16:30 on weekdays. A professional team member will respond with assistance. Zoom sessions and some group sessions are also available, depending on the need.

The [CCDU Lockdown Wellness Chronicles](#) offers daily coping strategies that can be used by all. The site has daily prompts to help structure and regain control of life and also to prepare for normalcy. The [May Motivation series](#) is a useful resource to assist students. Visit the CCDU website for more information on various [mental health and wellness topics](#).

The **Campus Health and Wellness Centre** is available to assist with primary healthcare and mental health enquires:

- Primary healthcare enquiries – Call 0743077259 or 0824832251
- Mental health enquiries – Call 0766093924

A satellite Campus Health and Wellness Office is open on the Wits Education Campus from 08:30 to 12:00 on weekdays, in order to assist the final year medical students who have returned to campus.

## HELP FOR STAFF AND IMMEDIATE FAMILY MEMBERS

The Wits Impil'enhle programme offers free services to staff and their immediate families who require counselling for stress, anxiety, abuse, trauma, parenting, relationship and marriage-related problems. They also offer legal and financial advice. This independent service is offered through **Kaelo Lifestyle** and is provided in all South African languages 24/7. Call 0861 635 766 OR dial \*134\*928 OR send a 'Please call Me' to 072 620 5699 OR Email [asknelson@kaelo.co.za](mailto:asknelson@kaelo.co.za) for assistance.

## GENDER BASED HARM

During this time of lockdown, we are aware that there are some people who will find themselves in spaces where they may not feel safe. The Gender Equity Office (GEO) can be reached via email on [info.geo@wits.ac.za](mailto:info.geo@wits.ac.za). Alternatively, call the national gender based violence command centre on 0800 428 428 or send a "Please Call Me" to \*120\*7867#. It is important to remember that should you require a

restraining order, courts continue to operate for this purpose. The GEO is available to guide you through the process and prepare you for what to expect when you apply for the order.

## **CYBERBULLYING**

Cyberbullying involves the use of the internet or technological devices to send, post text or images intended to hurt, embarrass, discriminate, threaten, torment, humiliate or intimidate an individual or a group of people. Cyberbullying and harassment may become more common as the digital sphere expands and technology advances. For confidential reporting, consultation and support, contact the Transformation and Employment Equity Office via [Cecilia.Smith@wits.ac.za](mailto:Cecilia.Smith@wits.ac.za) or Advocate Mahlako Neo on [neo.mahlako1@wits.ac.za](mailto:neo.mahlako1@wits.ac.za). The Anti-Discrimination Policy can be accessed via [www.wits.ac.za/transformationoffice](http://www.wits.ac.za/transformationoffice).

## **COVID-19 RESOURCES**

Read more about the coronavirus at [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za) or call the emergency hotline on 0800 029 999. The WhatsApp support line is 0600 123456. The website of the National Institute for Communicable Diseases also hosts a wealth of information on the coronavirus. Visit [www.nicd.ac.za](http://www.nicd.ac.za) for daily updates and more information.

### **Remember to always:**

- Wear a face mask in public areas,
- Practice physical distancing,
- Wash your hands for at least 20 seconds with soap and water (and dry it properly) or sanitise,
- Sneeze/cough into a tissue or your elbow, and
- Visit a healthcare professional if you have any [COVID-19 symptoms](#).

Take care of your families, friends and loved ones during these difficult times.

**SENIOR EXECUTIVE TEAM**  
**15 MAY 2020**