



# UCT support during COVID-19 lockdown

The national lockdown is essential to contain the spread of the coronavirus in our country, but working or studying remotely introduces complexities, stresses and anxieties that will have an impact on staff and students at the University of Cape Town (UCT).

Please be aware that support is readily available and accessible for all staff and students.

## SUPPORT FOR STUDENTS

UCT remains committed to providing support even while students are not on campus.

Financial support staff are working off-site, focusing on finalising student funding for 2020.



Students can find information on financial aid and GAP funding on the Vula Financial Aid tab.

### Certain Student Wellness Service (SWS) resources can still be booked online, via email or on the UCT mobile app.

Students can access therapists for counselling via telephone or Skype. Sessions can be booked online or via email.

Students can seek medical advice by calling the SWS on 021 650 5620.

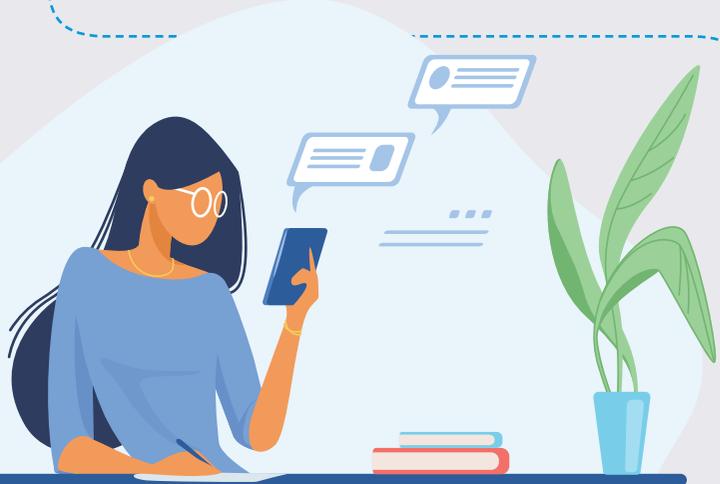
Students can book a consultation with the Clinical Nurse Practitioner online.

SWS social workers will be available for telephonic psychosocial support. Sessions must be booked online or via email.

SWS peer counsellors will offer counselling and public awareness programmes via phone, Skype, Zoom or email. Bookings must be made online or via email.

### Services provided by the Office for Inclusivity & Change (OIC) continue via virtual platforms.

- Critical services for disabled students continue.
- UCT survivors can join online counselling by contacting the new Survivor Support Officer, **Yumna Seadat**.
- Visit the **OIC website** for more detailed information on remote services and support.



The UCT Student Care Line provides 24-hour telephonic counselling on **0800 24 25 26**.