

## Mental Health support during Covid-19 lockdown

### A message from the UPSS

Dear Student,

We know that this is a challenging time for students and want to encourage you to reach out to us if you need support. Our psychologists and counsellors are continuing to render services during the Covid-19 lockdown period and are offering e-therapy sessions through Microsoft Teams or telephonic counselling.

To request support send an email to [supportus@sun.ac.za](mailto:supportus@sun.ac.za). Please include your student number, cell phone number and the type of support you need and we will contact you. Our services are confidential and free to all registered students.

ER24 is also available to students 24-hours a day and renders a crisis support service for psychological emergencies.

Furthermore we invite you to have a look at the resources we have compiled. These websites offer information and tools about mental health and coping in the Covid-19 period.

In a short space of time, you have had to make major adjustments to your lifestyle and routine. Lockdown can also exacerbate mental health challenges such as anxiety or depression. Try to be gentle with yourself in this time and limit the amount of pressure you put on yourself. Remember that you have had to manage stressors, uncertainties and challenges during your life and studies up to now. This means that you have developed resilience and skills that enabled you to work through those challenges. Remind yourself of what has worked for you during difficult times before and consider whether you can apply that to this situation as well. Make time to care for yourself – your health (physical and mental) is of utmost importance in this time.

If you need support, please reach out to us.

Kind regards

The Unit for Psychotherapeutic and Support Services (UPSS) team