

PSYCHO-SOCIAL SERVICES FOR SMU STUDENTS

The following (but not limited to) are areas in which we could assist students:

- Abuse in relationships
- Academic and personal goal setting and achievement strategies.
- Academic problems including learning difficulties, concentration
- Adjustment problems
- Anger management
- Anxiety Disorders - panic symptoms
- Appearance (court preparations)
- Assisting students with substance abuse problems
- Building self-confidence and motivation for personal and academic success.
- Career counselling
- Conducting psychosocial assessments
- Conflict resolution
- Counselling services
- Creating action plans as steps toward change
- Critical Incident Stress Debriefing
- Decision making
- Depressive Disorders/Depression
- Developing and maintaining success-oriented habits and routines.
- Eating disorder
- Effective communication
- Empowerment trainings
- Enhancing organizational skills for better personal and academic productivity.
- Family Problems
- Grief counselling
- HIV/AIDS Counselling- (pre and post test counselling)
- Intermediary services: preparing students for court
- Interpersonal difficulties
- Motivation
- Personal development plans to foster growth and self-awareness.
- Personal, family, Relationship and social problems
- Personality problems
- Problem solving
- Psychological first-aid and crisis intervention
- Psychological intervention to be offered to individuals and groups
- Rape and sexual assault
- Realignment of daily habits to support academic and personal goals.
- Relationship and Interpersonal difficulties
- Self esteem
- Sexual health
- Sexual Identity Issues
- Social relief of distress (Food security)
- Stress and coping with life transitions
- Suicidal thoughts
- Trauma and Crisis Intervention
- Victim Empowerment



Some students suffer alone from personal and family problems, which negatively affect their academic performance. We are here for you. We belong, we care and we serve.



How to access the service for the first time:

Students who wish to access Psych-Social Support are welcome to request an initial session through:

sending a What's app to 072 687 1898

or email: corlia.dupreez@smu.ac.za / studentsupport@smu.ac.za

THE PSYCHO-SOCIAL TEAM:

Clinical Psychologist Mrs M Moholo

Email: molebogeng.moholo@smu.ac.za

☎ 082 485 6879

Student consultation hours:

Monday- Friday: 08h30 to 15h00 by appointment

Educational Psychologist Mrs S Komane

Email: sibusisiwe.komane@smu.ac.za

Student consultation hours:

Monday- Friday: 08h30 to 15h00 by appointment

Social Worker Mr. M.S Muthala

Email: mashudu.muthala@smu.ac.za

☎ 082 485 6980

Student consultation hours:

Monday- Friday: 08h30 to 15h00 by appointment

Life Coach Mrs C Du Preez

Email: corlia.dupreez@smu.ac.za

☎ 072 687 7898

Student Consultation hours:

Monday – Friday 8h30 – 15h00 by appointment

EMERGENCY HELPLINES

SADAG Mental Health Line 011 234 4837 0800 21 22 23 (8am to 8pm) 0800 12 13 14 (8pm to 8am) Or SMS 31393	Department of Social Development Substance Abuse Line 24hr helpline 0800 12 13 14 SMS 32312	Akeso Psychiatric Response Unit 24 Hour 0861 435 787
Suicide Crisis Line 0800 567 567 OR SMS 31393	Pharmadynamics Police & Trauma Line 0800 20 50 26	Dr Reddy's Help Line 0800 21 22 23
Cipla 24hr Mental Health Helpline 0800 456 789	Adcock Ingram Depression and Anxiety Helpline 0800 70 80 90	

Deputy Director Campus Health and Counselling Unit: Dr MP Mathebula

Cell: 082 484 4523



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