



# Inkxaso ye-UCT ngexesha lokumiswa ngxi kwezinto yiCOVID-19

Ukumiswa ngxi kwezinto kuzwelonke kunyanzelekile ekulweni usasazeko lwentsholongwane yeCorona elizweni lethu, kodwa ukusebenza okanye ukufunda ekhaya kuvusa ubunzima, i-stress kwaye nemibilini eza kuchaphazela abasabenzi nabafundi bakwiYunivesithi yaseKapa (UCT).

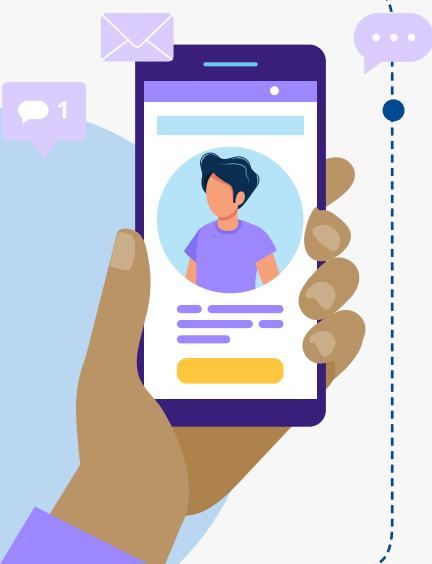
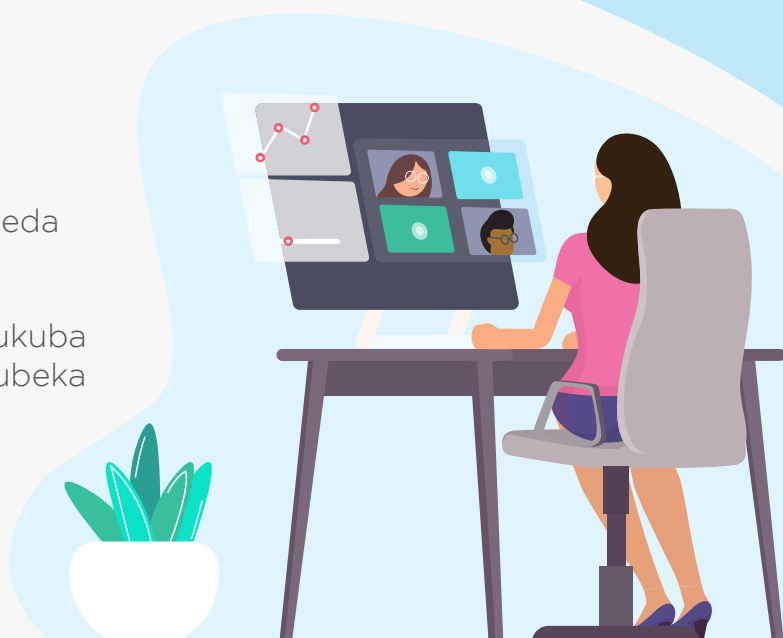
Nceda wazi ukuba inkxaso ikhona kwaye iyafumaneka kubo bonke abasebenzi nabafundi.

## INKXASO YABASABENZI

Isebe lezengqesho e-UCT linyuse ukufikeleleka kweenkonzo zengcebiso (counselling) ukuxhasa impilo yasengqondweni yabasebenzi ngelixa lokumiswa ngxi kwezinto.

### Inkxaso yoMphathi

- Siyakhuthuzwa sonke ukuba siyibone, siyiqonde le meko sikuyo nobunzima bayo, sixhasane nje ngabantu abasebenza kunye kwanje ngabaphathi.
- Ukuhlala wedwa nesizungu kungaba ziingxaki ezinkulu ukuba aziphathwa ngendlela eyiyo nceda uthethe unxulumane nabanye abantu rhoqo.
- Nxulumana nabasebenzi rhoqo ukuqinisekisa ukuba basempilweni entle kwaye nomsebenzi uyaqhubeka
- Thatha ixesha lokuphefumla ukuze ulwe ukuziqoba ngomsebenzi.



### Iqumrhu elizimeleyo lokuCebisa neeNkonzo zeNgcebiso

Abacebisi beICAS bayafumaneka efowunini:

- Tsalela **080 111 39452** ngengcebiso yasefowunini esimahla kwifowuni yakwaTelkom
- Thumela u'please-call-me' ku **\*134\*905#**.
- Thumela i-imeyili ku **uct@icas.co.za**.

I-app **ICAS On-the-Go** ikunika ithuba lokuthetha nomcebisi. I-code yabasebenzi base-UCT ngu-UNI003.

### Iqela loMzantsi Afrika loNgxunguphalo neNkxalabo

iSADAG inikisa ngengcebiso esimahla efowunini:

- Tsalela **0800 171 171** simahla kwifowuni yakwaTelkom.
- Thumela iSMS ku-**31393** ukuze umntu akufowunele.
- Thumela i-imeyili ku-**office@anxiety.org.za** ukuze umntu akufowunele.
- Tyelela **i-website yeSADAG** ukufumana ulwazi olubanzi ngeendlela zokumelana nezinto ngelixesha lokumiswa ngxi kwezinto kuzwelonke.
- Tyelela ikhasi **leSADAG kuFacebook** ukufumana iingcebiso kwiingcali kwiDaily Expert Q&A ukusukela ngo-13:00 ukuya ku- 14:00

