



# 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 STAFF

The UCT Human Resources (HR) department has increased the availability of counselling services to support the mental health of staff through the lockdown.

### Line management support

- We are all encouraged to acknowledge the complexity of the situation we are in and be supportive of each other – colleagues and line-managers alike.
- Isolation and loneliness can become major issues if they are not dealt with effectively – please reach out and regularly connect.
- Engage with staff members regularly to ensure both business continuity and staff wellbeing.
- Take time to breathe to avoid burnout.



### Independent Counselling and Advisory Services (ICAS)

ICAS counsellors are available over the phone:

- Call **080 111 39452** toll-free for telephonic counselling.
- Send a please-call-me to **\*134\*905#**.
- Email **uct@icas.co.za**.

The **ICAS On-the-Go** app allows you to chat live with a counsellor. The code for UCT staff is UNI003.

### South African Depression and Anxiety Group (SADAG)

SADAG offers free telephonic counselling:

- Call **0800 171 171** toll-free from a Telkom line.
- Send an SMS to **31393** for a call back.
- Email **office@anxiety.org.za** for a call back.
- Visit the **SADAG website** for information about how to cope during the national lockdown.
- Visit the **SADAG Facebook** page to access the Daily Expert Q&A from 13:00 to 14:00.

