



UNIVERSITY OF  
**KWAZULU-NATAL**™  
 INYUVESI  
**YAKWAZULU-NATALI**



# The world has changed but we will get through this... together



We are Offering Free  
 Online Support (3 sessions):

\*  
 Individual counselling

\*  
 Group Support

\*  
 Support for Health  
 Care Workers

Feeling anxious,  
 uncertain or just want  
 to connect?

**Talk to us**

Doreen Hattingh:  
[hattinghd@ukzn.ac.za](mailto:hattinghd@ukzn.ac.za)

Whatsapp  
 078 512 1959

GoogleSign Up Document  
[bit.ly/UKZNpsych](https://bit.ly/UKZNpsych)

The UKZN Psychology Clinic is run by registered psychologists and trainees  
 The support groups will be run over three weeks over the Zoom Platform

