



CENTRE FOR APPLIED PSYCHOLOGY Newsletter June 2020-Issue 33

ABOUT US



The Psychology Clinic is located at the University of KwaZulu-Natal Howard College Campus. The main objective of the clinic is to provide psychotherapy, counselling and assessment services for adults and children. The clinic is run by registered psychologists and trainee psychologists under supervision.

The clinic offers short-term treatment for the following concerns:

- Depression
- Interpersonal conflict
- Anxiety
- Trauma
- Behavioural concerns
- HIV/AIDS (pre, post and ongoing counselling)
- Personality disorders
- Couple and marriage counselling

While the clinic is physically closed due to Covid-19, we are still offering counselling services through the online platform Zoom. This service comprises of three free sessions for:

- Individual Counselling
- Support Groups
- Health care workers seeking support

Go to bit.ly/UKZNpsych to access the above services.

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 Hattingsh: hattingshd@ukzn.ac.za
Whatsapp 078 512 1959
Google Siga Up Document 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



Feeling low?

During this period of uncertainty, we are faced with many different emotions: stress, fear, anxiety. These can be overwhelming in adults and children.

This may look like:

- Fear and worry (increased levels of distress)
- Changes in sleep/eating
- Trouble with concentrating
- Feeling socially isolated
- Lack of motivation
- Low mood

Practical ways to help:

Take breaks from the news, including social media

Taking care of your body

- Breathing exercises
- Being mindful of your emotions
- Try to eat well balanced meals
- Drink water
- Sleep is important, try and get 7 hours of sleep a night
- Take time to unwind

Reach out to a mental healthcare provider.

Tips for helping a low mood and difficulties during this period:

Implement healthy boundaries

- It's okay to prioritize your time, use your free time for people who make you feel good!

Routine

- Develop a routine that works for you, this may help with feelings of being overwhelmed and out of control.

Self-kindness

- Be kind to yourself during this time. We can be hard on ourselves when we don't see things going as we would like.

June is Men's Mental Health Month!

This month we bring awareness to mental health problems and encourage a conversation around them. Especially in the identification of them and emphasising reaching out for help if needed!

16th June is Youth Day!

On this day we remember the youth that fought for their rights in 1976, and all the youth of our country.

Contact us:

The Psychology Clinic
Tel: (031) 260 7425

E-mail:
psychclinic@ukzn.ac.za

WhatsApp number:
078 512 1959

In a crisis?

Lifeline:
Tel: 0800 055 555
031 312 2323

Open Door Crisis Centre:
Tel: 031 709 6688
Domestic Violence Helpline:
0800 150 150
SAPS EMERGENCY: 10111

POWA (People opposing women abuse)

Lockdown Counselling Number:
076 694 5911

A counsellor is available 8:30 - 16:30 Mon-Sun