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1918 - 2018



Student Wellness

Department of Food Science

Do you feel under a lot of pressure, with tests and assignments deadlines constantly looming?

Do you ever feel that you are not coping?

Is student life getting the best of you?



If you are in need of assistance, there are places/people you can go to.

- ◇ **Ms Megan Arendse (Food Science Wellness Champion)**
Rm 2017, Food Science Building
mcarendse@sun.ac.za ; 021 808 3509
- ◇ **Stellenbosch University Centre for Student Counselling & Development (Psychotherapy & Personal Development)**
49 Victoria street, Stellenbosch
021 808 4707



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EMERGENCY NUMBERS

Campus Security
(EMERGENCY)

021 808 2333

CONTACT US



CSCD 24 HR Crisis Service **082 557 0880**
(ER24 answers this phone too. During the day CSCD will assist and at night – from 16:00 – ER24 will assist)

Maties ER24 **010 205 3032**
(Identify yourself as a student from Stellenbosch University and as a Corporate Client, please)

Campus Security **021 808 4666**
(general enquires)

SAPS (EMERGENCY) **10111**

SAPS Sector 1
Patrol Vehicle **082 522 2293**

SAPS Stellenbosch
(Ops Centre) **021 809 5015**

SAPS Stellenbosch
(general enquires) **021 809 5000**

Ambulance NETCARE **082 911**

Ambulance Western Cape **10177**

Campus Health Services **021-808 3494/96**

Fire Dep. Stellenbosch **021 808 8888**

Traffic Dep. Stellenbosch **021 808 8800**

Stellenbosch Hospital
(casualties) **021 808 6147**

Medi-Clinic Stellenbosch
(casualties) **021 861 2094/5**

Stelkor Pharmacy (Neelsie) **021 883 3162**



If you are needing a referral to a psychologist, psychiatrist or support group, please can you call The South African Depression and Anxiety Group (SADAG) on 011 234 4837 or 0800 20 50 26 and speak to a trained counsellor who can assist you further.

Our offices are open 7 days a week from 8am – 8pm.

Our Fax number: 011 234 8182

Our Substance Abuseline 0800 12 13 14 is available 24hrs.

Or alternatively email Zane on zane@sadag.org

SADAG Emergency lines

Dr Reddy's Help Line

0800 21 22 23

Pharmadynamics Police & Trauma Line

0800 20 50 26

Adcock Ingram Depression and Anxiety Helpline

0800 70 80 90

Destiny Helpline for Youth & Students

0800 41 42 43

ADHD Helpline

0800 55 44 33

Department of Social Development Substance Abuse Line 24hr helpline

0800 12 13 14

SMS 32312

Suicide Crisis Line

0800 567 567

SADAG Mental Health Line

011 234 4837

Akeso Psychiatric Response Unit 24 Hour

0861 435 787

Cipla Mental Health Helpline

0800 456 789



<https://www.facebook.com/pages/The-South-African-Depression-and-Anxiety-Group/335962293097734?ref=bookmarks>



<https://twitter.com/TheSADAG>