



UNIVERSITY OF CAPE TOWN
DEPARTMENT OF STUDENT AFFAIRS

STUDENT WELLNESS SERVICE

COVID-19 STUDENTS SUPPORT PLAN

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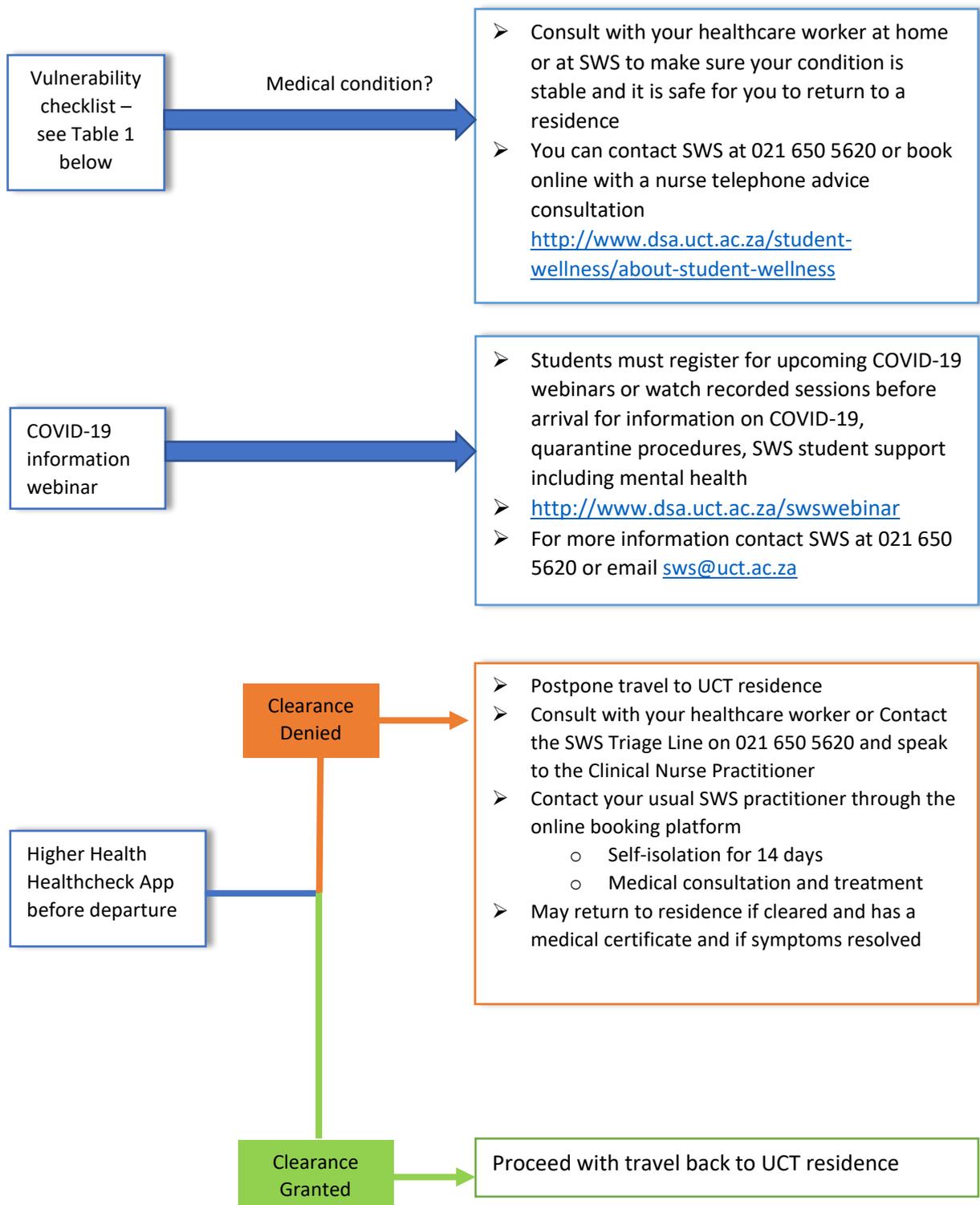
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1. Purpose of the student support plan

Department of Student Affairs Student Wellness Service aims to provide support to students during the COVID-19 pandemic. The support includes symptom screening on arrival in your residence, information is given about the prevention of COVID-19 even prior to arrival.

2. Before arrival

2.1. SWS related procedures



2.2. COVID-19 medical vulnerability checklist

2.2.1. Purpose of checklist

The purpose of this checklist is to assist students who are considering making an informed decision on acceptance or decline of returning to campus or residence space invitation during the COVID-19 pandemic.

- All medical information discussed with clinicians and staff at SWS remains confidential as is the case with all our consultations.
- **For any questions regarding the Vulnerability Checklist:**
 - Contact the SWS Triage Line on 021 650 5620 and speak to the Clinical Nurse Practitioner.
 - Contact your usual SWS practitioner through the online booking platform.
 - Send an email with your query to sws@uct.ac.za.
 - For mental health support and counselling do make a booking on the SWS website or UCT App or call UCT Student Careline 0800 24 25 26.

Table 1: Vulnerability checklist

COVID-19 Medical Vulnerability Checklist		
Uncontrolled Diabetes Mellitus	Unstable or Complicated Cardiac Disease	
Uncontrolled Hypertension	Chronic lung disease (asthma, COPD, active TB, post-TB structural damage, chronic bronchitis)	Cancer and receiving chemotherapy or radiation therapy
On immunosuppressant therapy (e.g chronic oral steroids)	Chronic liver disease with impaired liver function	Bone marrow or organ transplants
HIV on treatment with poor adherence, not virally suppressed	Chronic renal disease with impaired renal function	Morbid obesity (body mass index more 40)
Pregnant women, post-delivery for 6 weeks, breastfeeding women		Age more than 60 years

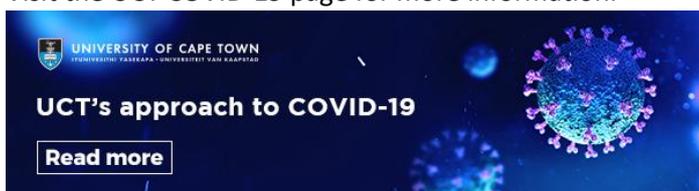
2.2.2. Frequently Asked Questions On COVID-19 Vulnerability

FAQ	Suggestions
I have a chronic illness which is not listed on the list will I still be at higher risk than other people?	<ul style="list-style-type: none"> ➤ The first port for advice regarding your chronic condition and your chronic medication should be your prescribing clinician/facility. Be sure to ask specifically in the context of returning to campus, exposure to potential COVID-19 patients during clinical work and living in a place of residence. ➤ Should your prescribing physician not be available you can alternatively contact the SWS Triage Nurse on 021 650 5620 and discuss whether your illness or medication that you are taking causes immunosuppression.
What is “virally unsuppressed HIV”? I am on HIV medication; will I be at risk?	<ul style="list-style-type: none"> ➤ Generally, if you HIV positive and your most recent monitoring blood tests showed a CD4 count > 200 and undetectable viral load are not regarded as high risk. ➤ Be sure to obtain advice from your prescribing clinician if you have recently developed any new symptoms or have not been taking your medication compliantly in the recent months.
What happens if I discover that I am pregnant when I am already back to residence?	<ul style="list-style-type: none"> ➤ It is advisable to take a pregnancy test before you travel back if there is any chance that you could be pregnancy do take a test before travelling back or moving to back to residence. ➤ Contact the clinician treating you or SWS ON 021 650 5620 for advice and further management.
How do I know if my heart condition is “Unstable or Complicated Cardiac Disease”?	<ul style="list-style-type: none"> ➤ The first port for advice regarding your chronic cardiac should be your prescribing physician. Be sure to ask specifically in the context of returning to campus, clinical work and living in a place of residence.
I have asthma how do I know if it is poorly controlled or not?	<ul style="list-style-type: none"> ➤ Your prescribing clinician will best advise looking at overall trends of your asthma management over time and whether you have not had asthma flairs over time or not required to change dose or type of medication. ➤ Should your prescribing physician not be available you can alternatively contact the SWS Triage Nurse on 021 650 5620 and discuss whether your illness or medication that you are taking causes immunosuppression.
I am younger than 30 years of age with no co-morbidities which is far from 65, does this mean that I am not at risk at all?	<ul style="list-style-type: none"> ➤ Most young people experience mild form of disease however, having one of the medical conditions listed above may increase your risk of severe disease.

Take responsibility for your health and that of others

1. When in doubt about any health-related matter, seek health advice from a medical practitioner from SWS or private prior to returning. Do not wait to arrive before obtaining health advice. SWS is providing virtual - telephonic and digital, medical and psychological consultations.
2. If you are ill from an acute medical illness seek medical attention and only consider returning when you are well. This advice refers to any form of illness whether respiratory tract infection or not.
3. If you have just recovered from an acute illness, obtain medical advice that you may consider informing the faculty about and give it another few days before traveling.
4. Do advise SWS if you have not been able to practice physical distancing for any reasons or have been participating in voluntary community activities e.g. religious activities, where there is risk of exposure.
5. Keep updated with information regarding the COVID-19 pandemic, practice physical and social distancing as an ongoing lifestyle and take care to practice the prevention of spreading infection guidelines.

Visit the UCT COVID-19 page for more information.



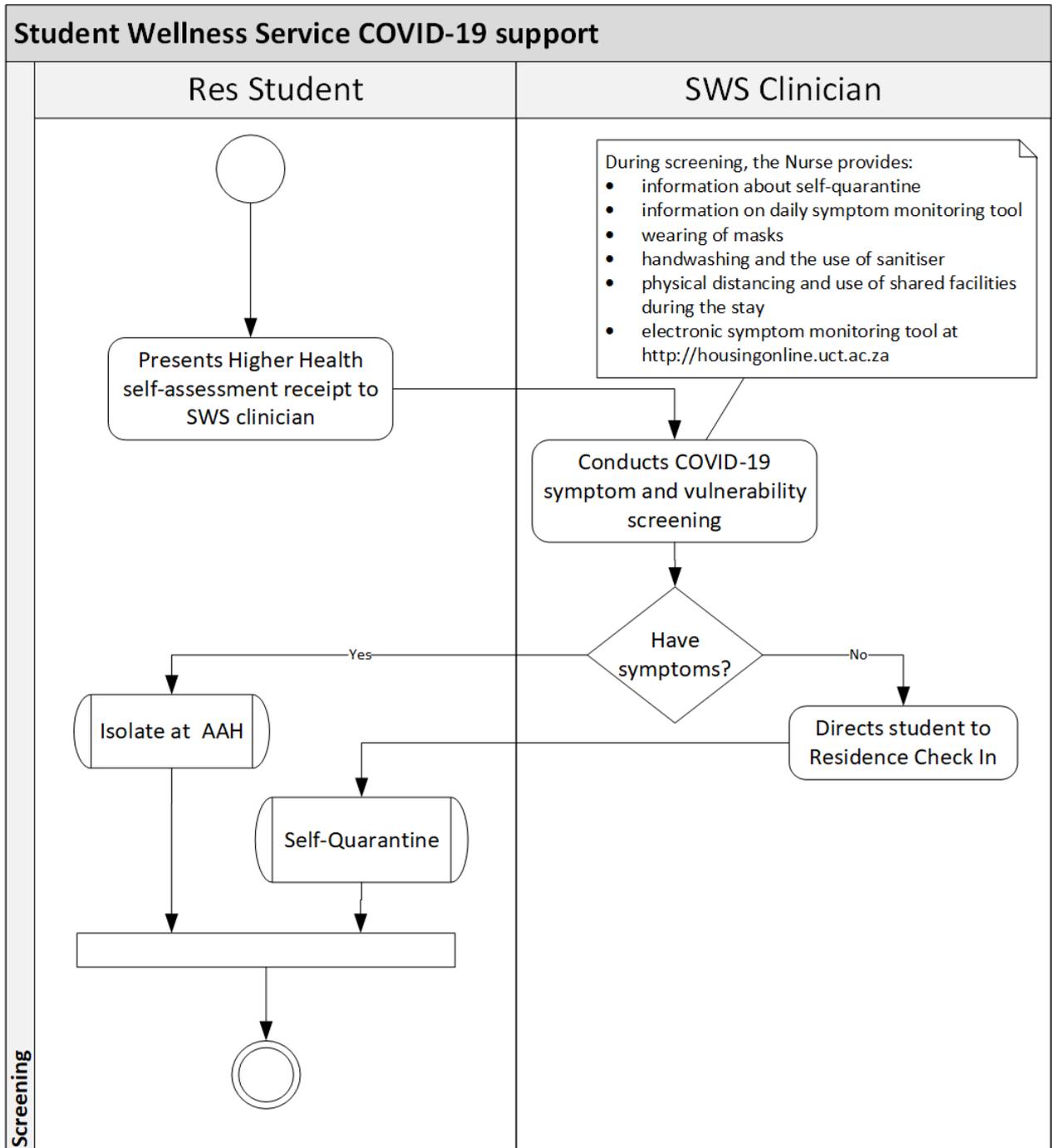
Refer to the [conditions of accommodation](#) for residence procedures.

3. Arrival in UCT residences

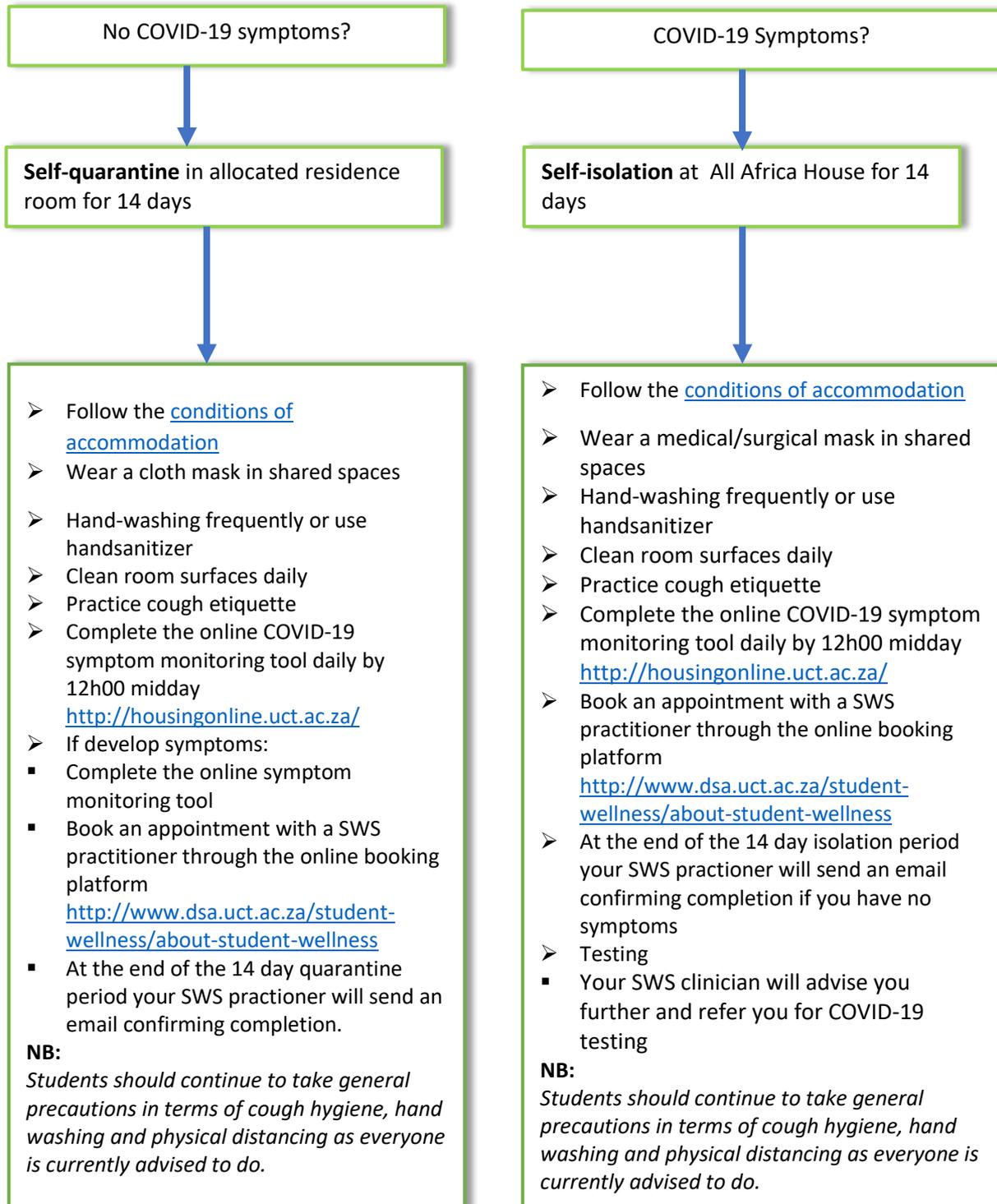
- 3.1. All students will be screened by an SWS COVID-19 screening nurse before being allocated a room in the residence. Refer to Table
- 3.2. All returning students to residence will be required to be placed under an obligatory 14 days self-quarantine in their residence rooms, with the day of arrival counting as Day 0 and starting the count from the next day. Breaking quarantine rules will result in the number of days restarting from Day 0.
- 3.3. Students with COVID-19 symptoms will be placed in isolation at All Africa House (AAH).
 - 3.3.1. COVID-19 symptoms

Common symptoms	Other symptoms
Fever	Body aches/myalgia, Headache
Cough	Loss of the sense of smell or taste
Sore throat	Fatigue
Difficulty breathing/shortness of breath	Diarrhoea, other gastro-intestinal symptoms

Table 2: Arrival of students – Summary

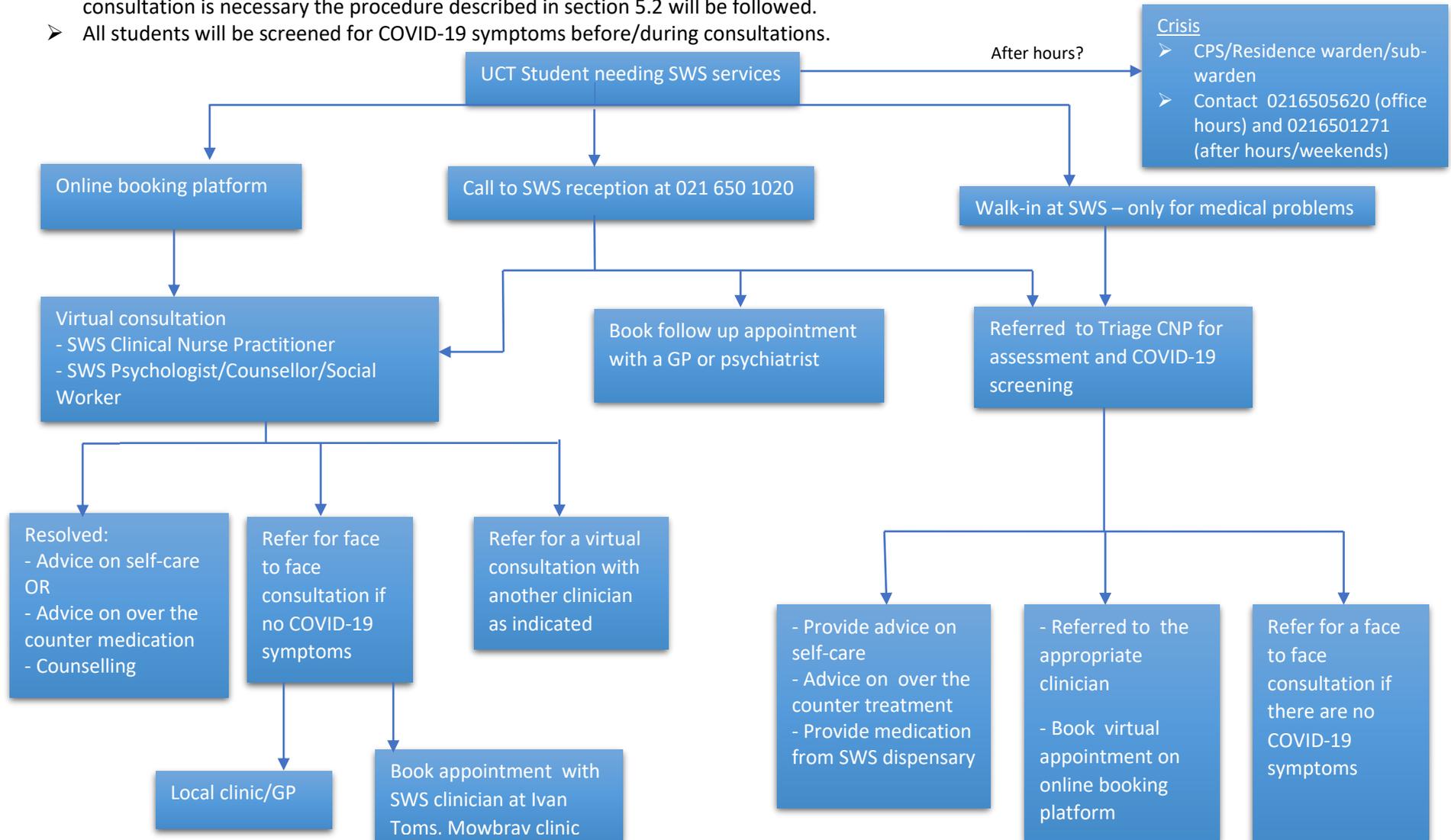


Student Wellness Service, Department of Student Affairs, University of Cape Town



4. ACCESS TO SWS SERVICES

- SWS will be offering virtual consultations during COVID-19 pandemic - either telephonic or video consultations, but in cases where a face to face consultation is necessary the procedure described in section 5.2 will be followed.
- All students will be screened for COVID-19 symptoms before/during consultations.



4.1. Access to SWS main clinic

- This protocol is aimed at protecting both staff and students to an unnecessary risk of exposure to the Coronavirus given that health facilities are designated **High-Risk Areas**.

4.1.1. **General information for students**

- a) Access into the SWS Ivan Toms, main clinic at 28 Rhodes Avenue will be controlled –and all students, staff and visitors will be checked for the use of masks, will have to use hand sanitiser and only students with booked appointments will be allowed onto the property.
- b) No student cars will be allowed on the property unless in the event of rainy weather conditions.
- c) Student access cards will be deactivated for the Ivan Toms, 28 Rhodes Avenue entrance and reception staff will open the gate remotely for students who arrive for their scheduled appointments.
- d) Student with **booked appointments** will be directed to a dedicated COVID-19 screening station before they enter the main building.
- e) All students will be required to wear a mask, which must cover both the mouth and nose at all times, before entering the SWS, Ivan Toms property.
- f) All students will be asked to use the hand sanitizer before entry into any of the buildings on the property.
- g) Physical distancing of 2 metres and prescribed hygiene measures – use of a mask, cough etiquette and handwashing/hand sanitiser use must be adhered to at all times.

4.1.2. **Screening procedure for COVID-19 symptoms**

- a) Contact SWS before arriving and schedule an appointment or make an online booking – **NO walk-ins will be allowed**.
- b) Students, staff and all visitors are encouraged to use the Higher Health symptom checker or the DoH symptom checker before arriving at SWS. Students with COVID-19 symptoms should inform SWS before
 - Higher Health Healthcheck App: Dial USSD line *134*832*2# or add to WhatsApp contacts 0600 110 000 and follow the prompts.
 - Department of health: Dial *134*832# or WhatsApp <https://wa.me/27600123456?text=check>
- c) Students will be directed to the dedicated screening area and should wait at 2 metres apart from each other.
- d) They will be called by the screening SWS nurse and as they enter the building will be required to use hand sanitiser
- e) Students with Physical Disabilities or at risk of severe disease (high risk) will be prioritised.

- f) Students with Disabilities will be allowed to be prioritised and accessed to the Clinic will be made as easy as possible without compromising the health of staff and students.

4.1.3. Appointments

- a) Students access is strictly by appointment to consult a SWS Medical Officer, Psychiatrists or Clinical Nurse Practitioner.
- b) All appointment times must be strictly adhered to and no late entry to the property will be allowed.
- c) No students will have a face to face consultation with SWS Clinicians if they have respiratory or COVID-19 symptoms e.g. cough, sore throat, difficulty breathing, runny nose, fever, chills, body aches, headaches. These students must contact their usual clinician or the SWS Triage Line on 021 650 5620 or 021 650 1271 after hours to be advised.
- d) Students in reception will be seated 2 metres apart and will remain in the reception area until called by their clinician.
- e) Students will leave the SWS main clinic via the reception area without socialising with any other students and leave immediately via the main gate.
- f) Students granted access to 28 Rhodes Avenue will be limited to 8 students (1 for each clinician and then 4 in waiting area). As students leave via the main gate/, security will only allow the same number of students to enter as the number that are exiting.
- g) Students who require access to the bathroom must only use the designated student bathrooms and maintain a high hygiene standard. Immediately wash hands with soap and water for 20 seconds and then dry them with paper towel provided and repeat after using the facility.

5. UCT SWS Screening Sites

5.1. Campus based screening sites

Table 3: Campus based COVID-19 screening sites

Campus	Clinic Site	Operational Dates	Operational Times
Lower & Middle Campus	Ivan Toms Main Clinic	Currently operating	09h00 – 16h30
Health Sciences Faculty	HSF SWS Service Point (Falmouth Building)	Day of start date of clinical students (Faculty to advise)	08h30 – 16h30
Hiddingh Campus	Hiddingh Clinic	Upon date of return by students to Hiddingh Campus	09h00 -16h30
Upper Campus	Sports Centre Clinic	On return of students	08h30 -16h30

*Students can utilise any of the points or their nearest most appropriate

5.2. Residence Based screening sites

Currently this plan is still to be rolled out on a phase to phase approach as students return and more residences become occupied. Table 2.0 will be updated as the residences open.

Table 4 Residence based COVID-19 screening sites

Residence	Operational Dates	Operational Times
Forest Hill	Currently operating until further notice	Weekday & Weekends 07h00 -19h00
Obz Square		
My Domain (Observatory)		
Other residences	Will open as students return (students may be screened at SWS Clinic Mowbray)	TBC

*The stations will only be in the larger UCT residences, smaller residences and other leased accommodatons will be expected to utilise screening services advised by the triage nurse at SWS

COVID-19 enquiries after hours can be reached on the DSA Students COVID-19 Hotline 021 650 1271.

- Students who are screened positive for COVID-19 will be managed according to the latest NICD/DoH guidelines
- SWS does not conduct testing for COVID-19 and students will be referred to their private medical practitioner or testing at a public testing site.

6. Managing students with a COVID-19 positive screen

- Students will be managed by SWS clinical staff as per the SWS protocol for managing respiratory/COVID-19 symptoms.
- Students in a residence, campus or SWS will be placed in an isolation room until transferred to an isolation facility or he/she goes home for self-isolation for a period of 14 days.

6.1.1. Low risk and no severe symptoms

- a) This includes students < 55 years, no medical condition and with no difficulty breathing/not confused/normal level of consciousness.
- b) Students can make an appointment for a virtual consultation using the SWS online booking platform for a medical or counselling support service.
- c) Students will be in isolation for a period of 14 days from the date of symptom onset or the date of the test if tested for COVID-19.
- d) Students will be monitored daily by a SWS nurse.

6.1.2. High risk and no severe symptoms

- a) This includes students \geq 60 years, with a medical condition and with no difficulty breathing/not confused/normal level of consciousness.
- b) Students will be referred for testing as pe the current Department of Health guidelines

- c) Students can make an appointment for a virtual consultation using the SWS online booking platform for a medical or counselling support service.
- d) Students who are medically stable will be in isolation for a period of 14 days from the date of symptom onset or the date of the test if tested for COVID-19.
- e) Students will be monitored daily by a SWS nurse.

6.1.3. Severe symptoms

- a) A student with e.g. shortness of breath/difficulty breathing or confused or reduced level of consciousness will be assessed by a clinician and referred for appropriate management/treatment
- b) Students will be in isolation for a period of 14 days from the date their COVID-19 symptom resolve.

7. Department of Health Testing sites for COVID -19

Refer to *Table 3* for the list of public testing sites in Cape Town OR

Groote Schuur Hospital	021 404 5201 021 404 5116	7.30 – 17.00 Monday – Friday Hours may be extended
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- 7.1. Student Wellness Service will refer you to the appropriate testing sites if you meet the National Department of Health COVID-19 criteria.
- 7.2. **Do not go** for testing (single naso-pharyngeal or oro-pharyngeal swab) without being referred and taking the necessary completed documentation. This will be completed by your Health Care professional (Doctor or Nurse).
- 7.3. The SWS clinician will advise you on which facility to go for testing based on your place of residence.
- 7.4. Please contact the facility before you go for testing or call the following numbers for advice:

NICD Hotline: 0800 029 0999 / 08000111132 or WhatsApp “ Hi “ to 0601023456

Western Cape Provincial hotline: 021 9284102

Student Wellness Triage line: 021 650 5620

8. Private testing sites:

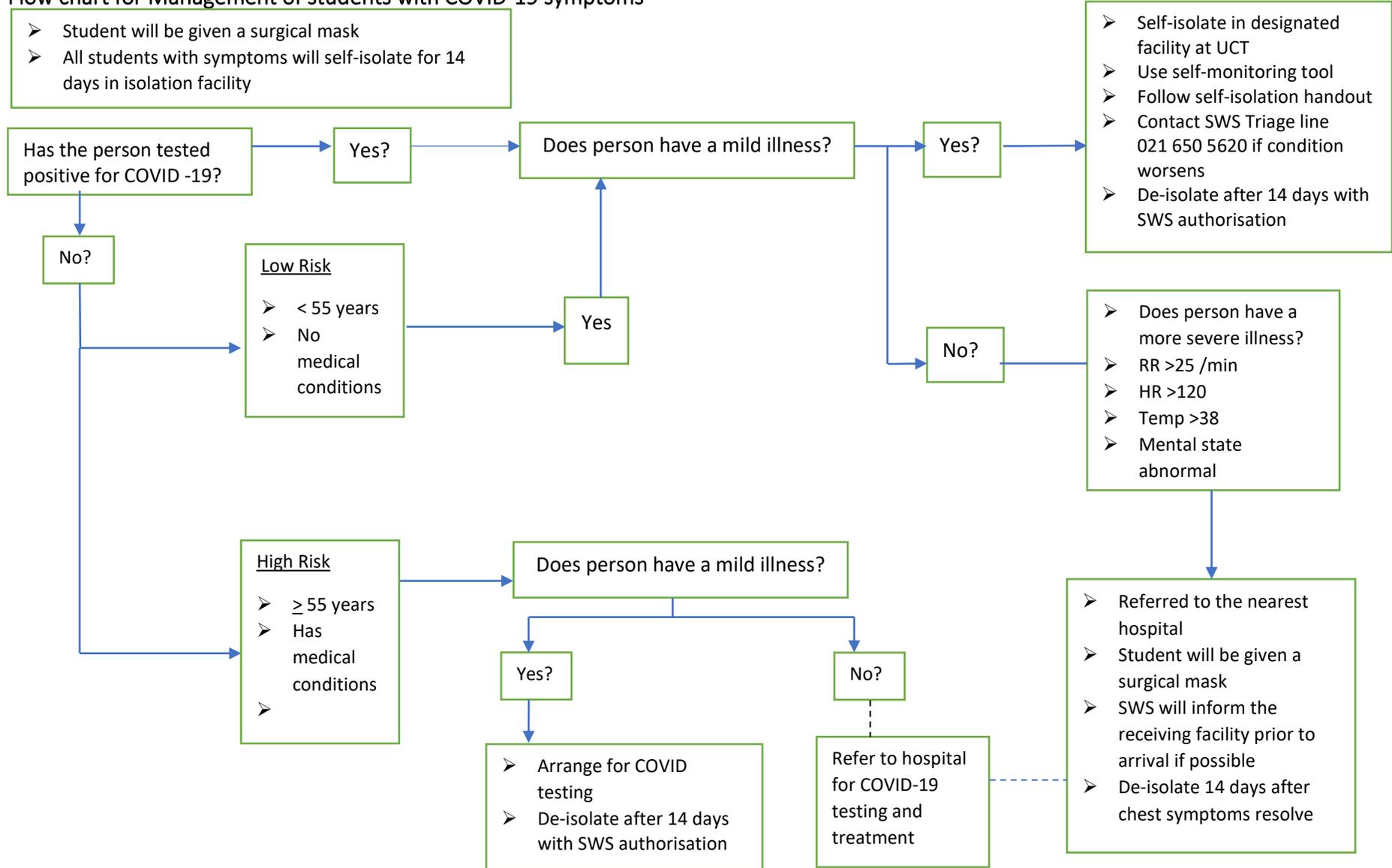
- **Please confirm the cost of the test as this will be for your own account**

- 8.1. Pathcare www.pathcare.co.za for nearest testing site
- 8.2. Lancet laboratories www.lancet.co.za . Their website will also provide you with links to the nearest Dischem pharmacy offering drive through testing facilities.
- 8.3. Ampath <https://www.ampath.co.za/covid-19-collection-sites>

Table 5: City of Cape Town testing sites

Sub-Structure	Facility	General Hours	Contact Details	COVID-19 Testing Hours	Requirements	Address	Entrance/ Building
Southern Western	Retreat	24 HR CHC	021 7139800	24 hrs	None	Calda Village, Cape Town, 7945	Security Will Assist
	District 6	07h00- 16h30 Monday to Friday	021 8335400	07h30-16h00 Mon-Fri	ID/Card Patient	50 Caledon St, Zonnebloem, Cape Town,	TB Unit/ ID unit
	Vanguard	24 HR CHC	216 958 238	07h00-19h00 Mon-Fri	Hospital Card, ID	21-51 Candlewood St, Bonteheuwel, Cape Town, 7764	AT back of Emergency
	Du Noon	24 HR CHC	021 2004500	08h00-16h00 Mon - Fri	None	236 Potsdam Rd, Milnerton Rural, Cape Town, 7441	Outside
	Lady Michaelis	07h00- 16h30 Monday to Friday	021 7978171	07h00-16h00 Mon-Fri	Patient Card/ ID	10 Burnham Rd, Plumstead, Cape Town, 7801	Main Entrance
	Victoria Hospital	24 HR EC	021 7991111	24 hrs	None	Wynberg, Cape Town, 7800	Main Entrance Tent
	Somerset Hospital	24 HR EC	021 4026911	24 hrs	Name of the Case	Green Point, Cape Town, 8005	Security Will Assist
	False Bay Hospital	24 HR EC	021 7821121	07h00-23h00 Mon - Fri	Patient Card	Fish Hoek, Cape Town, 7975	Green Clinic
Khayelitsha/Eastern	Westfleur Hospital	24 HR EC	021 5718040	08h00-16h00 Mon - Fri	Name of the Case	Wesfleur Cir, Atlantis, Cape Town, 7349	Decontamination Room
	Khayelitsha District Hospital	24 HR EC	021 3604500/4200	08h00-16h00 Mon-Fri	None	Cnr Walter Sisulu & Steve Biko Road, Khayelitsha, Cape Town, 7784	Tents towards/ Screening Area
	Site B CHC	24 HR EC	021 3605200	08h00-16h00 Mon - Fri	Referral letter, if possible	Lwandle, Village 2 North, Cape Town, 7784	Security Will Assist, Gazebos
	Helderberg Hospital	24 HR EC	021 8504700	24 hrs	None	Lourensford Rd, Golden Acre, Cape Town, 7130	Covid-19 Ward
	Macassar CDC	08h00- 16h30 Monday to Friday	021 8572330	07h30-16h00 Mon-Fri	ID or Patient Card	Cnr Hospital & Musica Street, Macassar, Cape Town, 7130	Back Entrance
	Eerste River Hospital	24 HR EC	021 9028000	08h00-15h00 Mon - Fri	ID	Perm Gardens, Cape Town, 7100	Security Will Assist/Main Entrance
	Gustrouw CDC	08h00- 16h30 Monday to Friday	021 8458384	07h00-16h00 Mon - Fri	ID	Hassan Khan Ave, Rusthof, Cape Town, 7140	Main Entrance
	Mitchells Plain/Klipfontein	Mitchells Plain District Hospital	24 HR EC	021 377 4300	08h00 -16h00 Mon - Fri	None	1st Avenue, Eastridge, opposite the bus terminus
Heideveld EC		24 HR EC	021 637 8036	TBC		Heideveld Road, Heideveld	
Mitchells Plain CHC		24 HR CHC	021 392 5162	08h00 -15h00 Mon - Fri	ID/Clinic Card/ proof of residence	8 AZ Berman Drive, Mitchells Plain	Tested in a container at the back
Heideveld CDC		07h00- 16h30 Monday to Friday	021 637 8036	08h00-15h00 Mon - Fri	ID/Clinic card	Heideveld Road, Heideveld	Main Entrance
Crossroads CDC		07h00- 16h30 Monday to Friday	021 386 1121	TBC		Gwayi St, Crossroad, Cape Town,	
Inzame Zabantu CDC		07h00-16h30 Monday to Friday	021 374 6063	TBC		Erf 2495 Msingezane Street, Browns Farms, Cape Town,	
Nyanga CDC		07h00- 16h30 Monday to Friday	021 444 6179	07h00-11h00 Mon - Fri	None	Sithandathu Avenue, Nyanga	Tent outside the entrance
Dr Abdurahman CDC		07h00- 16h30 Monday to Friday	021 637 9071	TBC		Corner of Ebbehout and Eland Street, Kewtown	
Hanover Park CHC		24 HR CHC	021 691 9744	07h00-16h00 Mon - Fri	ID/Clinic Card/ proof of residence	Corner of Surran Road and Hanover Park Avenue, Hanover Park	Tent at the back entrance
Gugulethu CHC		24 HR CHC	021 637 1280	TBC		NY3, Gugulethu	
Northern Tygerberg	Delft CHC	24 HR CHC	021 954 2282	TBC		Corner of Main and Leiden Road, Delft	
	Elsies River CHC	24 HR CHC	021 931 0211	TBC		corner of 29th Avenue & halt Road, Elsiesriver	
	Kraaifontein CHC	24 HR CHC	021 987 0080	24 hrs	ID/Clinic Card/ proof of residence	303 6th Avenue, Kraaifontein	
	Bishop Lavis CHC	07h00- 16h30 Monday to Friday	021 934 6050	08h00-15h00 Mon - Fri	ID/Proof of Residence	Lavis Drive, Bishop Lavis	Tent outside the entrance
	Symphony Way CHC	07h00- 16h30 Monday to Friday	021 204 9400	07h00 - 16h00 Mon - Fri	ID	3 Silversands Road, Delft	Security will assist
	Karl Bremer CHC	24 HR EC	021 918 1911	24 hrs	ID/Proof of Residence	cnr Mike Pienaar Blvd & Frans Conradie Avenue, Bellville	Entrance 1
	Bothasig	07h00- 16h30 Monday to Friday	021 558 5010	07h00 -15h00 Mon - Fri	ID/Proof of Residence	C/o Swellengrebel Avenue & De Grendel Avenue, Bothasig	Security will guide them
	Ruyterwacht	07h00- 16h30 Monday to Friday	021 534 4361	07h00 16h00 Mon - Fri	None	Texel Street, Ruyterwacht	Testing in the community
	Reed Street	07h00- 16h30 Monday to Friday	021 949 9115	07h00-16h00 Mon - Fri	ID	Reed Street, Bellville	Main Entrance
	Parow CDC	07h00- 16h30 Monday to Friday	021 444 0927	TBC		Smith Street, Parow	
	Goodwood CDC	07h00- 16h30 Monday to Friday	021 444 7281	08h00 - 15h00 Mon - Fri	ID/clinic card	Dirkie Uys Plein Goodwood	Main Entrance
	Bellville South CDC	07h00- 16h30 Monday to Friday	021 951 2326	07h00-16h00 Mon - Fri	ID/Clinic card	Kasselsvlei Road, Bellville South	Main Entrance
	Ravensmead CDC	07h00- 16h30 Monday to Friday	021 928 2960	TBC		Florida Street, Ravensmead	
	Durbanville CDC	07h00- 16h30 Monday to Friday	021 444 7421/7425	08h00 -16h00 Mon - Fri	ID/Clinic Card/ proof of residence	De Villiers Street, Durbanville	
Scottsdene CDC	07h00- 16h30 Monday to Friday	021 444 8128/26/37	TBC		Eoan Lane, Scottsdene		

Flow chart for Management of students with COVID-19 symptoms



Frequently Asked Questions – infected with COVID-19/contacts of someone infected with COVID-19

FAQ	Suggestions
Close contact/exposure to person investigated for COVID-19?	Self-quarantine until person testes negative. If negative student returns to campus de-quarantine. If person tests positive, student to remain in quarantine for 14 days
Close contact with someone who tests positive for COVID-19?	Student to remain in self-quarantine at home and monitor themselves for symptoms using the COVID-19 symptom form. Contacts of a student who is a contact of a person tested positive for COVID-19 do not need to go into quarantine.
Student diagnosed with COVID-19	Student is managed according to the guidelines set in SOP# for managing persons with COVID-19. Close contacts of the student <u>from 2 days before symptom onset or date tested</u> will be contacted by the SWS COVID-19 team and advised on self-isolation at a facility/home, symptoms screening
More than one/multiple students diagnosed with COVID-19	Students and staff (academic/support) who have had close contact with the student will be requested to self-quarantine at isolation facility/home for a period of 14 days from the date of symptom onset or test of the student diagnosed.
Multiple students and staff diagnosed with COVID-19	Self-quarantine of all close contacts including other students and staff. Possible closure of the department/faculty/university Cancellation/postponement of any group gatherings Suspension of face to face/in-person teaching with some well/asymptomatic casual contacts staff allowed to provide/continue online learning

MENTAL HEALTH SUPPORT

For all virtual bookings for counselling by SWS therapists refer to section on how to access SWS.

Peer Counselling Support

The Student Wellness Service Peer Counselling programme has a team of four peer-counsellors who are postgraduate students. The programme provides intervention through the form of individual counselling, also has many activities including public health awareness effort and group work interventions.

The dynamic peer counsellors support students through their focus areas which are:

1. Counselling
2. Health and Wellness
3. Academic Support
4. Social / emotional adjustment

Peer Counselling

The peer-counsellors are all qualified as social workers or registered counsellors who are registered and strictly bound by their professional boards confidentiality. The peer-counsellors are also students at UCT in possession of a basic degree and enrolled for their postgraduate studies.

During the nationwide lockdown the peer-counsellors are offering telephonic and online counselling. Prior to the lockdown the peer-counsellors were based at the SWS main clinic in Mowbray from which the programme operated offering a combination of face to face and digital counselling.

A session with a peer-counsellor is scheduled for 40 minutes and the student decides what they want to talk about. The peer-counsellors listens and give feedback to the student to help the student better cope with the issues they're facing at the moment. The counselling sessions are booked online on the SWS website or UCT App.

Students can talk to the peer-counsellors about anything they want. Common themes and topics are academic concerns, relationship or family issues, adjustment difficulties, how to cope with anxiety or depressive symptoms, substance abuse and sexuality issues. The peer-counsellors offer short term psychosocial interventions (1-8 sessions) and will also refer students in need of other psychosocial interventions to the multidisciplinary team of health care practitioners at SWS.

Peer Support for Socio-Emotional Adjustment

We understand that adjusting to UCT is challenging enough. Add the context of a global COVID-19 pandemic in the mix and we find ourselves having to adjust to a new normal, such as:

- Living and working at home
- Restricted movement
- Online and distance learning
- Lack of social support

The peer counsellors help with student's adjustment process at university by addressing amongst other:

- Academic
- Social
- Personal emotion (mental wellbeing)
- Institutional (UCT) adjustment
- Helps you connect to others (social support)
- Offers avenues of academic support

Peer Support for Health And Wellness:

This role of the peer intervention programme has had a particular rise in focus over the last couple of weeks due to the impact of the pandemic COVID 19. The peer counsellors apply a bio-psychosocial approach to the programme by looking at the maintenance and promotion of overall physical health and wellness through education and awareness in collaboration with the medical team of nurses and doctors in SWS. The peer counsellors aim to provide a holistic service to include a focus on physical health and wellbeing with a focus on disease prevention. Peer counsellors encourage students to have balance between physical health, mental health and academic demands and incorporate reproductive and sexual health promotion and elements of gender-based violence awareness and promotion. This is done through counsellors' consultations with students as well as talks, groups, and presentations at student events and the spaces they occupy in and around the university. Currently a few virtual groups and mental wellbeing seminars are being planned. Visit our Instagram page for more information.