

DCCD x SASCO

LETS TALK MENTAL HEALTH

SASCO & THE PORT ELIZABETH COUNSELLING DEPARTMENT INVITE YOU TO :
A CONVERSATIONAL SERIES ON MENTAL HEALTH

DATE	TIME	TOPIC	LINK TO JOIN
16/08/2021	12:00 – 13:00	What is mental health	Register Here: https://forms.office.com/r/jxQWXQ7ibW Join Here: https://cutt.ly/8QakBIU
17/08/2021	12:00 – 13:00	Depression and Anxiety	Register Here: https://forms.office.com/r/uSVQWr8JxN Join Here: https://cutt.ly/KQalfws
18/08/2021	12:00 – 13:00	Suicide	Register Here: https://forms.office.com/r/4mVPQZX5wm Join Here: https://cutt.ly/3QalvcP
19/08/2021	12:00 – 13:00	How to maintain good mental health as a UNISA student	Register Here: https://forms.office.com/r/TmdwhyBJKb Join Here: https://cutt.ly/BQalPYV
20/08/2021	12:00 – 13:00	Q&A with Dr Ndlela- Counselling Psychologist	Register Here: https://forms.office.com/r/GTy9xgm8jp Join Here: https://cutt.ly/2Qaz7xt

TEND TO YOUR
MENTAL HEALTH
GARDEN

