Geology Fieldwork: Your Student Support & Safety Guide

Mental Health Emergencies

Recognizing a Mental Health Emergency

Seek immediate support if you experience thoughts of self-harm, thoughts of harming others, severe emotional distress, panic, or any crisis affecting your safety or functioning.

Immediate Actions to Take

Inform a field trip leader or trusted staff member immediately; do not remain alone while in distress.

Accessing Professional Care

Access emergency medical services for urgent intervention and contact Student Support Services (SSS) as soon as possible for follow-up support.

Toll-Free Counselling Line
Call **0800 800 017** between 08h00–16h30, Monday to Friday.

Gender-Based Violence (GBV) and Sexual Misconduct

Understanding GBV and Misconduct

Everyone has the right to feel safe; GBV includes sexual harassment, sexual assault, stalking, intimate partner violence, bullying, coercion, or unwanted sexual attention.

Response Steps

Move to a safe place, seek support from a leader or SSS, seek medical care immediately, and preserve evidence if you wish to make a formal report.

Internal Reporting Pathways

Incidents can be reported through Student Support Services (SSS), UKZN GBV structures, Risk Management Services Residence Management, or Human Resources (If staff is involved).

External Reporting Pathways

Criminal offences may be reported to the South African Police Service; support is available regardless of whether a formal report is made.

Student Support Services (SSS)

Free & Confidential Services

SSS offers individual counselling, psychotherapy, academic risk and psychological assessments, crisis management, and career assessments.

Development & Workshops

Resources include group work/therapy, life-skills workshops, study-skills development, and the Learning Enhancement Checklist Revised (LEC).

SSS Contact Directory

- **Book online:** caes-ukzn.bookem.com
- **Tel:** 031 260 7572 / 033 260 5090
- **Email:** aessupport@ukzn.ac.za
- **Website:** aessupport.ukzn.ac.za
- **Facebook:** UKZN-CAES-Student Support Services

Community Emergency Resources

Mental Health & Suicide Hotlines

SADAG: 0800 567 567
Suicide Crisis Helpline: 0800 123 314
University Student Crisis Line: 0800 36 36 36
Lifeline: 0861 322 322

GBV & Trauma Support

Rape Crisis: 0860 287 223
GBV Toll-Free Helpline: 0800 150 150
Thuthuzela Care Centre: 033 395 4325 / 031 458 6000

Specialized & Addiction Services

Akeso Psychiatric Clinic: 087 088 0454
Alcohol & Drug Addiction Services: (031) 301 4959
Al-Anon: 0861 252 666
Alcoholics Anonymous: 086 143 5722

Looking After Yourself in the Field

Daily Self-Care Habits: Stay connected with peers/staff, take necessary breaks, and maintain hydration, nutrition, and rest.

Professionalism & Boundaries: Respect your own limits and seek support early if struggling academically, emotionally, or socially; seeking help is a sign of good self-management.

NotebookLM