

THERE IS NO EXCUSE FOR ABUSE.



Department of  
Student Affairs  
Departement Studentesake  
Kgoro ya Merero ya Balithuti

# GENDER-BASED VIOLENCE

*Student Counselling Unit*

*Mental Health Awareness Series: August 2021*

*Speak up against violence and help make a change.*



## Take action

- Listen with compassion and don't judge.
- Understand and practice consent.
- Learn the signs of abuse and how you can help.
- Offer practical support by: being compassionate and caring, offering to call a helpline, accompanying a person in need to a resource/support site, connecting the person with additional resources.
- Reach out if you need help.

## HELPLINES AND RESOURCES

### FOR UP STUDENTS

- Security Services - UP Crisis Service - 0800 0064 28
- UP Careline - 0800 747 747 (24 hour counselling/support)
- Transformation Office at UP (deals with GBV) - Sarah Matseke or Ntsiki Loteni sarah.matseke@up.ac.za or ntsikie.loteni@up.ac.za.
- Student Counselling Unit - studentcounselling@up.ac.za



### FOR FAMILY & FRIENDS (NON-UP STUDENTS)

- National GBV Helpline: 0800 150 150
- Lifeline 24 hour crisis line: 021 461 1111
- SADAG Counselling Careline 0800 21 22 23
- South African Police Services - 10111