

Arts Campus

HEALTH & WELLNESS CENTRE

**PROGRAMMES AND SERVICES OFFERED by the Health and Wellness Centre
at no cost for all TUT students:**

- Primary Health Care - Treatment of minor ailments;
- Sexual Reproductive Health Services including the provision of contraceptives;
- HIV testing services;
- Emergency medical care;
- Care and support for HIV reactive clients;
- Healthcare prevention - Vaccination programme for high-risk students;
- Referral to other healthcare facilities where necessary;
- Information, education and counselling.

+ REPRODUCTIVE HEALTH AND SEXUALITY

Sexual health services are available to all students, including tests for sexually transmitted diseases (STIs), family planning, emergency contraception and pregnancy tests and counselling.

+ STUDENT COUNSELLING

Short-term counselling to all students to support their mental health. We provide confidential Student Counselling services to help you deal with mental health concerns, personal issues, Gender-based Violence (GBV) & LGBTQIA+ and difficult circumstances.

+ HEALTH PROMOTION SERVICES

Health promotion and disease prevention programs using various information, education and counselling media. This module is designed for flexible learning to help students improve their health and gain more control over their lives. Through this module, students will gain the knowledge, skills, and confidence to make positive changes to their health and lifestyle. The programme focuses on a wide range of social and campus interventions, as opposed to only individual behavior.

- Peer education programme
- HIV/AIDS - focus and support programmes
- Condom distribution
- Vaccination programmes
- Res interventions
- Radio talks
- Balance Your Life - educates students on risks of alcohol and substance abuse
- ZAZI female empowerment
- Gentlemen and Ladies Forums

+ BOOK A GUIDED TOUR OF OUR NEW CLINIC

Join us for a guided tour between 13:00 - 14:00 on any of the following days:

- 17 February
- 24 February
- 3 March

+ FOR MORE INFORMATION

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