



HIGHER HEALTH

Higher Education & Training:
Health, Wellness and Development Centre



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA



**MENTAL HEALTH
MATTERS**

*Call the HIGHER HEALTH 24 hr toll free
student and staff help line*

Help is available in all 11 official languages

Toll-Free Call: 0800 36 36 36

SMS: 43336

**WE'RE HERE FOR YOU ANYTIME,
DAY OR NIGHT.**