



VIMBO

Explore Your Mental Health...
Without Fear



Build Skills Privately

REDUCE ANXIETY

Build scientifically based skills to reduce anxiety and increase focus

IMPROVE MOOD

Learn what makes you tick, and how to do less of what doesn't make you tick!

GROW

Achieve lasting and positive life changes



Start Anonymously Now

1

Search "**Vimbo Health**"
in your App Store and download now!



2

Enter your **UCT email** & the voucher code:

UCT158

to claim your **FREE UCT access**

*100% Anonymous. UCT will not be informed that you have enrolled



Department of
Student Affairs
Liberating the Soul for Well-being & Flourishing

Student Wellness Services



Connect with other
Student Wellness Services
resources here:

