



STUDENT WELLNESS SERVICE (SWS)

SWS Booking System link: https://linktr.ee/Uct_peercounsellors
Counselling services: 021 650 1017
UCT Care line: 0800 24 25 26 or text "31393"
Higher Health Counselling: 0800 36 36 36
For enquiries, contact Student Wellness Service Practice Manager:
sws.practicemanager@uct.ac.za

SWS 24hr Mental Health Support



SWS-ICAS ON-THE-GO APP



The Student Wellness Service (SWS) Mental Health Programme that's just for YOU.

We have a special gift just for you. We're proud to present SWS ICAS On-the Go, the app that makes accessing your wellness programme a quick and easy process. Now you and your student peers have full access to the Student Wellness Mental Health programme right at your fingertips.

WHAT TO DO TO ACCESS SWS ICAS ON-THE-GO APP

1

Search for ICAS On-the-Go in the Google Play Store and Apple App Store. For other operating platforms please visit mobi.icas.co.za

2

Once downloaded, select the dark blue box which reads "Register with code - UCT001" (For UCT students).

3

Fill in the form to register.
Once registered, you can sign in to access the app. Click on the "Go to home" button.

4

You are ready to be On-The-Go.

SWS - ICAS



Frequently Asked Questions.

HERE ARE SOME FREQUENTLY ASKED QUESTIONS IN CASE YOU NEED ANY MORE HELP:

Q: Will SWS ICAS On-the-Go work on any smartphone?

A: It certainly will. Download the app for free and start using it straight away. The app is available on the Google Play Store and the Apple App Store. For other operating platforms please visit mobi.icas.co.za.

Q: Does it use data?

A: Yes it does. The same amount as viewing a standard website.

Q: How do I ask for help?

A: No matter which page you're on you can request a call back, or call a counselor directly. All methods of contact can be accessed from the bar menu at the bottom of the screen.

Q: Who's allowed to use the app?

A: All registered UCT students may use the app any time of the day or year!

Q: Is my information still confidential?

A: Contacting ICAS through the app works exactly the same as when you contact ICAS any other way. The information you provide remains confidential.

Q: Who to contact if you have challenges with the App?

A: ONTHEGO@ICAS.CO.ZA

A Wealth of Services Available To YOU.



View health and wellness videos and articles in the Media Centre.



View important health and wellness dates in the calendar. Please contact SWS if you would like to add your own calendar events, such as wellness days.



For For counseling, select "Give us a call" from the bottom bar menu.



Find SWS flyers and brochures



Receive instant push notification messages relating to important notices (currently in development).



For your knowledge, utilisation trends can be monitored through data analytics.

SWS 24 hour Telephonic Counselling Lines

SADAG UCT Student Care Line: 0800 24 25 26 or Text to "31393"

ER24 UCT collaboration: 010 205 3010

SWS ICAS Line: 0800 872 676

Higher Health Counselling: 0800 36 36 36



SWS-ICAS

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Google Play

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App Store