

List of Psychological Support during Covid-19

The following psychologists have made themselves available to offer **free, brief, online counselling** sessions for anybody experiencing significant distress or anxiety due to social distancing, the lock-down, or the COVID-19 pandemic in general. The distress should go beyond the regular levels of anxiety we are all probably experiencing.

These brief sessions are intended to be mostly supportive, psychoeducational, and/or to reduce panic, anxiety and a sense of isolation. If contacted, each psychologist will make their own arrangements, etc. and have their own boundaries/logistics around how they would prefer to do this. These sessions are intended for people who cannot afford to pay for a private consult or who cannot attend a public hospital facility, due to transport or other problems currently. These sessions do not replace an in-depth diagnostic assessment.

- 1. Kerry Frizelle**
Counselling Psychologist
frizellekerry@gmail.com
- 2. Sinette G. van Rooy Booyesen**
Clinical Psychologist
031 202 7960
www.dhouse.co.za
- 3. Cheryl Sol**
Clinical Psychologist
0835570244
cheryl.sol@3i.co.za
<http://www.cherylsolpsych.co.za>
- 4. Shireen Mohamed**
Educational Psychologist
samohamed@telkomsa.net
- 5. Kristy Greener**
Clinical Psychologist
krisgreener@gmail.com
- 6. Claire Newton**
Counselling Psychologist
claire@clairenewton.co.za
www.clairenewton.co.za
- 7. Suntosh R. Pillay**
Clinical Psychologist
0312426180
suntoshpillay@gmail.com
- 8. Ashleigh Bargate**
Clinical Psychologist
ashbargate@gmail.com

9. **Hameeda Bassa-Suleman**

Clinical Psychologist
031 220 2190
061 454 5366
hbs.psychologist@gmail.com

10. **Shaida Bobat**

Clinical and Industrial Psychologist
Bobats@ukzn.ac.za

- IF you are able to pay or have medical-aid, a longer list of **private psychologists** in Durban can be found here, and you can search by location: <http://dppg.org.za/directory/>
 - The University of KwaZulu-Natal's **Centre for Applied Psychology** is offering 3 free online sessions for anyone suffering from mental health difficulties during the Covid-19 period. Email hattinghd@ukzn.ac.za
 - For a national list of psychologists, psychiatrists, or social workers who are offering free support during the Covid-19 pandemic, contact **the Psychological Society of South Africa (PsySSA)** by emailing fatima@psyssa.com
 - **Healthcare workers** struggling with mental health issues currently can access psychiatrists who are doing pro bono work. Email careforkzn@gmail.com
-
- **Additionally: The South African Depression and Anxiety Group (SADAG)** are initiating free online support groups for people, while their regular face-to-face community support groups are suspended. These are run by trained volunteers. Email kznsadag@anxiety.org.za or call their 24/7 Emergency Helpline: Telephone: 0800 456 789
 - **Gender-based violence** 24/7 national helpline: 0800 428 428 or *120*7867# for a call-back

--

This list is compiled by the Exec Committee: Durban Practising Psychologists' Group (DPPG)
For any queries: exec@dppg.org.za
Last updated: 14 April 2020