

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
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- 3. Cheryl Sol**
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- 4. Shireen Mohamed**
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- 5. Kristy Greener**
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- 6. Claire Newton**
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- 7. Suntosh R. Pillay**
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- 8. Ashleigh Bargate**
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9. **Hameeda Bassa-Suleman**

Clinical Psychologist
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10. **Shaida Bobat**

Clinical and Industrial Psychologist
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- 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
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- **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

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