ARE YOU LOOKING FOR SUPPORT? DO YOU NEED HELP?

THE FOLLOWING SUPPORT STRUCTURES ARE THERE FOR YOU.

- **Doctors**
  - Tel. 73802 or 73186
  - Bldg. 57
  - Medical and psychological care for health related issues and stress symptoms

- **Nurses**
  - Tel. 73802 or 73186
  - Bldg. 57

- **Psychologist**
  - Tel. 73802 or 73186
  - Bldg. 57

- **Ombud**
  - Tel. 73566
  - Bldg. 500/1-004
  - Ombud
  - Listening
  - Advice
  - Guidance
  - Mediation

- **HR Advisers**
  - Tel. 79866 or 74701
  - Bldg. 5 & 33
  - HR Advisers
  - HR Coordinators
  - Social workers

- **HR Coordinators**
  - Tel. 79866 or 74701
  - Bldg. 5 & 33
  - Advice
  - Guidance
  - Mediation

- **CAPA - SA delegates**
  - Tel. 72819
  - Bldg. 64-R-010
  - Listening
  - Advice
  - Support

- **Staff Association**
  - Tel. 72819
  - Bldg. 64-R-010
  - Staff Association
  - Human Resources
  - Tel. 73566
  - Bldg. 500/1-004
  - Ombud
  - Listening
  - Advice
  - Guidance
  - Mediation