

- We monitor clients' progress and adjust the treatment plan if required.
- We provide individual and group counselling sessions.
- We raise mental health awareness of clients through counselling sessions.
- We provide education to the University community on counselling issues such as stress management, substance abuse, addiction etc.

5.0 CROSS-CUTTING ETHICAL CONSIDERATIONS

- Confidentiality is assured.
- Free consent of persons to be counselled.
- No unethical use of information gained during guidance and counselling sessions.
- Anonymity of guided and counselled persons.
- Use of professional counsellors.

6.0 HOW TO ACCESS THE SERVICES

Please book an appointment by email, telephone or by filling an online form through indicated contact address.

The services provided are free of charge to staff and students.

CONTACT ADDRESS

Head of Counselling Unit
University of Dar es Salaam
P.O. Box 35091
Dar es Salaam
Tel: +255 736 393 936

-  counsellingunit
-  counsellingunit
-  counselling@udsm.ac.tz
-  @unitcounselling
-  www.udsm.ac.tz



LOCATION

UDBS Building
Block C Basement
Room No: C022 - C030



VISION

To become a leading centre that promotes guidance and counselling services to staff and students of the University of Dar es Salaam

MISSION

To provide integrated guidance and counselling services to staff and students of the University of Dar es Salaam

MOTTO

We Care for Your Mental Health

1.0 INTRODUCTION

The University of Dar es Salaam Counselling Unit was established in 2020 as part of the implementation of the Guidance and Counselling Perspectives, Policy and Procedures.

The Counselling Unit is under the Directorate of Social services which is under the Deputy Vice Chancellor Administration.

The University of Dar es Salaam is now a more complex institution to administer due to the large increase in the number of staff and students. Hence, the University is committed to offer guidance and counselling services to staff and students to enable them to address the challenges they face.

The main objective of the Counselling Unit is to provide formal guidance and counselling services to the University of Dar es Salaam staff and students in order to ensure that they are inspired and motivated in performing their roles, thus enabling the University to realise its vision and mission.

2.0 COUNSELLING AREAS ADDRESSED

Psycho-Social Concerns

Support is offered on how to handle sexual harassment, social problems, alcoholism, drug abuse, discrimination, exclusion,

stigmatisation and bullying. The Counselling Unit works closely with the Dean of students office (DOSO) to facilitate this.

Academic Concerns

Academic support and advice is offered on how to manage academic underperformance, low productivity, absenteeism, professional misconduct and work related stress. The Counselling Unit will work closely with the Guidance and Counselling Liaison Committees from Colleges, Schools, Institutes and focal persons from Directorates and major departments.

Health Related Concerns

Support is provided to those with health problems such as diabetes, HIV/AIDS, high and low blood pressure, cancer and psychological disorders. The University Health Centre facilitates this in collaboration with Counselling Unit.

Economic and Financial Concerns

The Economic and Financial challenges Advisory Unit at University of Dar es salaam Business School (UDBS) will provide information and advice to staff and students on how to handle finances, debt and other economic challenges.

3.0 COUNSELLING SERVICES PROVIDED

The UDSM guidance and counselling services include, but are not limited to:

- Anger and stress management
- Anxiety and depression issues
- Retirement and retrenchment counselling
- Marital and marriage counselling
- Academic concerns
- Economic and financial concerns
- Health related concerns
- Grief/loss counselling
- Career guidance and counselling
- HIV/AIDS counselling
- Work and life balance
- Preventive counselling
- Counselling people with special needs
- Rehabilitation counselling
- Conflict resolution to staff and students
- Sexuality counselling
- Relationship counselling
- Group counselling
- Suicide prevention
- Addiction counselling
- Bullying and harassment concerns

4.0 WHY WE RECOMMEND OUR COUNSELLING SERVICES

- We adhere to professional counselling ethics and integrity.