

BE WELL

10 1

Presented by the
Wellbeing and Equity Team







Uni Initiatives
Self-Help

You

Uni-Life
Stress

A teal graphic consisting of two four-pointed stars, one in the upper right and one in the lower left, connected by a continuous, looping line that forms a shape similar to a speech bubble or a stylized 'C' around the text.

HEALTH
INITIATIVES

Budgeting Bliss

Do you want more support
to manage your money?

Drop-in and meet ImPower's friendly financial coaches who will help you develop a realistic plan to achieve your goals.

Last Tuesday of every month

10am–12pm

**Room 315–151,
Kate Edger Information Commons**

Find out more

auckland.ac.nz/budgetingbliss





Got your period?

We've got you!

Come and collect *FREE* menstrual items from any Student Hub team at your campus library.

- Simply tell the team you are there for your 'monthly meeting' if you would prefer discretion.
- For a sustainable solution, pick up *FREE* reusable pads or a menstrual cup, and never be caught off guard during that time of the month again.

For more info including where you can collect other free sanitary products on campus visit:
auckland.ac.nz/period-caught-you-short

Be
Well
Whānau
Māori



SEX

**FREE SEXUAL HEALTH
SCREENINGS**

A confidential health service for all students, offered in association with Auckland Sexual Health Services and Burnett Foundation Aotearoa.
No appointment necessary – simply drop in and see the friendly team.

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LOCATION

WORKSHOP 101, KATE EDGER INFO
COMMONS, CITY CAMPUS

AUCKLAND.AC.NZ/SEXUAL-HEALTH-SCREENINGS

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**Burnett
Foundation
Aotearoa**



**auckland
sexual health**
regional services

**Be
well**
*Whai
Hauora*

Need a Plan B?

An illustration of two hands shaking, one light-skinned and one dark-skinned, set against a background of a sunburst with rays and small decorative diamonds. The text is in a dark blue box.

Bullying, Harassment and Discrimination training

An illustration of two hands shaking, one light-skinned and one dark-skinned, set against a background of a purple sunburst with rays and small decorative diamonds. The text is in a dark blue box.

Creating Culture of Consent and Respect training

SELF
HELP
TOOLS

Set SMART Goals

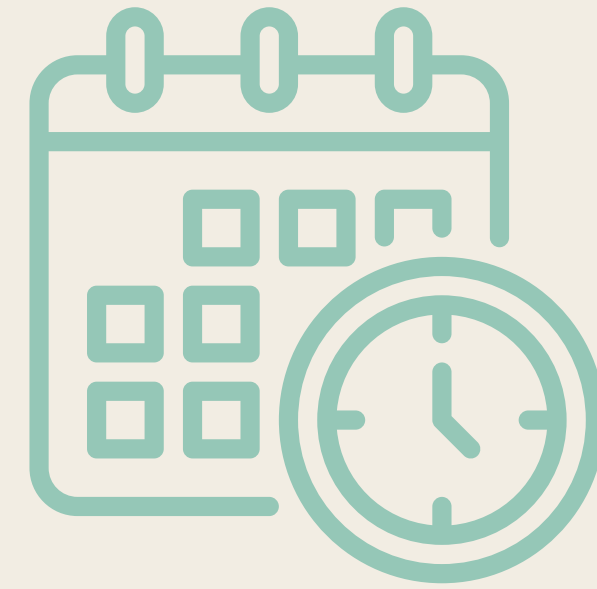
S - Specific

M - Measurable

A - Action -Oriented

R - Realistic

T - Time -Bound



BALANCE!

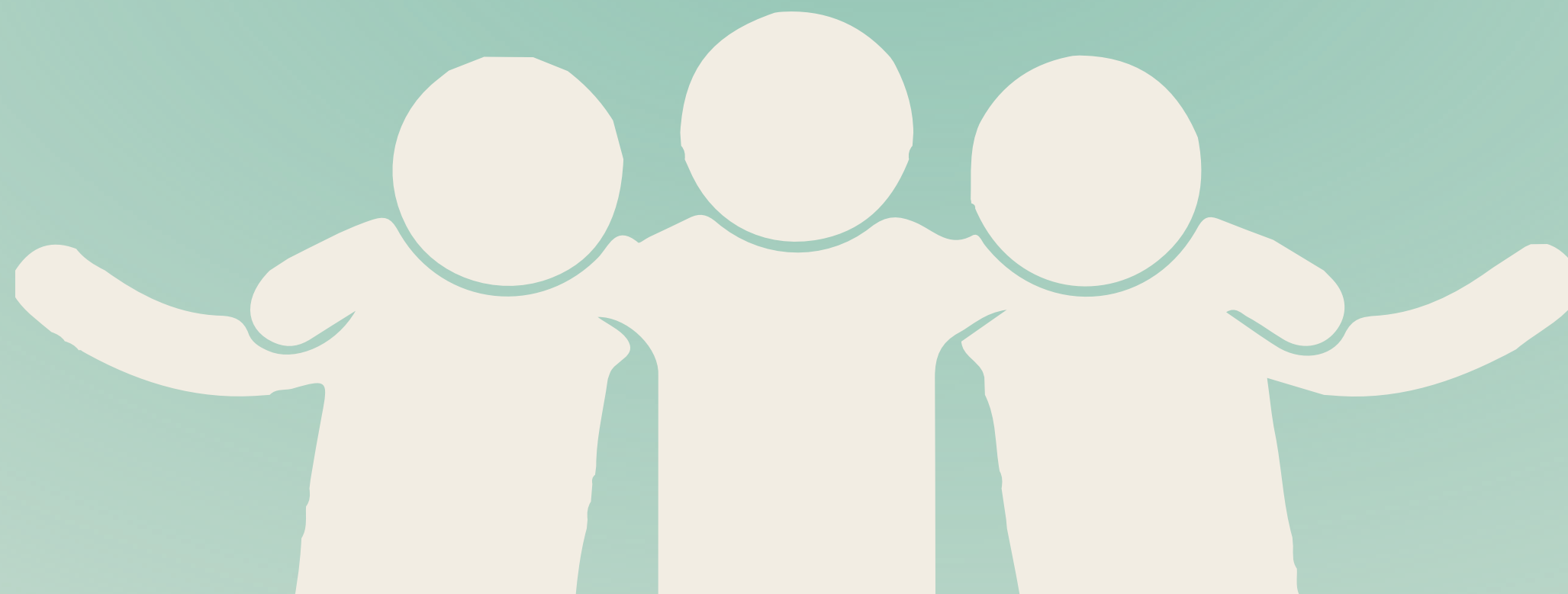


STUDENT CLUBS

Over 200 clubs within the university

Social nights, team activities, volunteering etc.

Clubs Expo on the 26th-28th of February!



ONE SIZE
DOES NOT
FIT ALL

WORK OUT WHAT
IS BEST FOR
YOU!

UNIVERSITY

S U P P O R T

S E R V I C E S

University Health & Counselling (UHCS)

- Offers services available at traditional health centers.
- Services are covered by insurance (StudentSafe).
- 20,000NZD worth of mental health insurance.

Rainbow Support

 Rainbow Student Network

 Rainbow Orientation

 Rainbow Support Worker

 Queer Space

 Queer Lunches

 Student-Led Clubs



Faith & Spirituality

Support

Chaplaincy Services for religious and non-religious students.

Wide variety of Religious and Spiritual Clubs.

Beware of Aggressive Recruitment!

Campus Care



Do you need help?

The University has a range of ways to get help if something has happened to you or someone you know.



University Health and Counselling Service

Appointments are available with a doctor, nurse or counsellor. Visit the website for more info and to enrol online.

auckland.ac.nz/studenthealth



Puāwaitanga Counselling

A service run by trained counsellors and available to all students, providing support with feelings of anxiety, relationships, grief, addiction and more.

Phone: 0800 782 999, available 7 days a week 9am-9pm

Website: Visit auckland.ac.nz and search 'Puāwaitanga'.



Be Well

A range of general wellbeing self-help resources, to support your physical and mental health during your time at University.

auckland.ac.nz/be-well



Rainbow Support Worker

Provides a holistic approach to student wellbeing for the rainbow community, offering 1:1 support and group opportunities for discussion.

equity.auckland.ac.nz/rainbow



HELP Drop-in Centre

HELP is a private and confidential service providing specialist support for sexual abuse survivors.

Phone: 0800 623 1700 (available 24/7)

helpauckland.org.nz



Proctor

The Proctor is the primary reference point for all matters relating to student non-academic misconduct.

auckland.ac.nz/proctor



AUSA Advocacy

The AUSA Advocacy service is completely independent from the University and offers free and confidential advice.

ausa.org.nz



UniWellbeing

An online therapy tool for students experiencing mild worry, stress, anxiety, low mood or depression.

Email: uniwellbeing@auckland.ac.nz



Faith and Spiritual Wellbeing

Spiritual support is available for students at the University.

Website: Visit auckland.ac.nz and search 'spiritual wellbeing'.



Complaints about Staff

If you have a complaint or need to report an incident, there are multiple avenues available to you, including advice from the University Proctor, AUSA Advocacy and Te Papa Manaaki.

auckland.ac.nz/complaints-and-incidents



Student Disability Services

The team offer a range of services to make studying at the University an accessible and positive experience by tailoring support to suit each individual student.

disability.auckland.ac.nz.



Te Papa Manaaki, Campus Care

Students can fill in the form (anonymously if they wish) to report a concern or request advice/personal support for themselves or another student. Available to all members of the University community concerned about a student.

auckland.ac.nz/campus-care



Questions?

Feel free to contact us at
wellbeing@auckland.ac.nz

THANK
YOU!

Be well and look after
yourself!