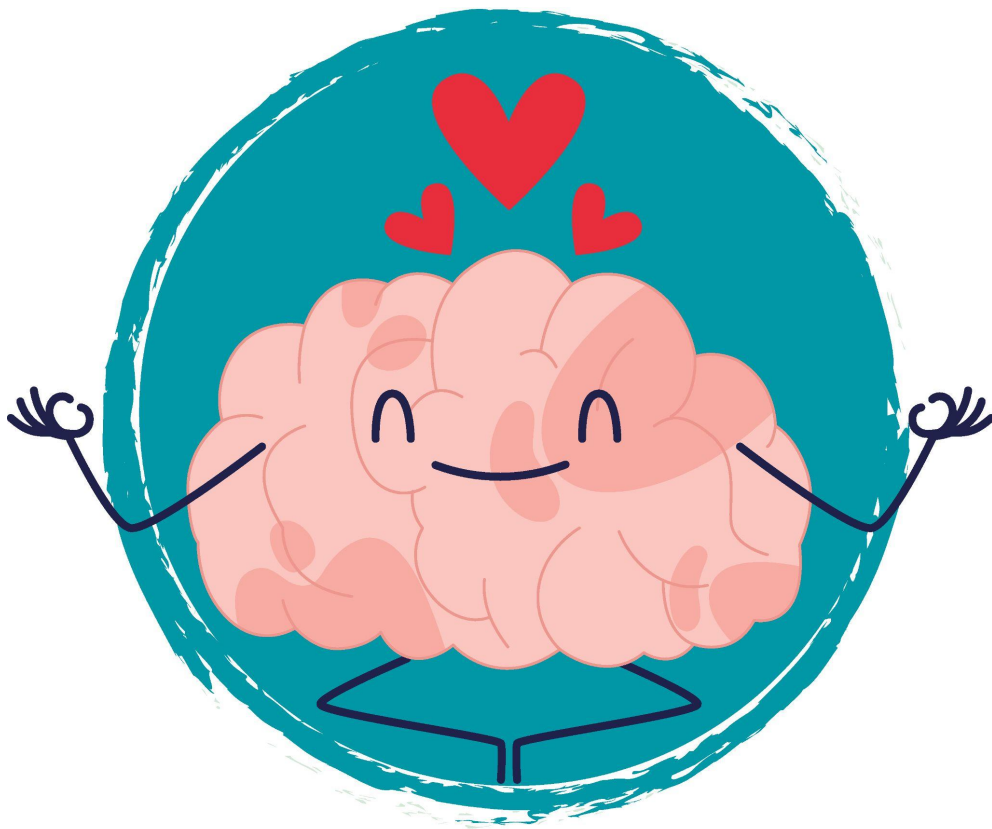


# Mental Wellbeing Info Pack

## for CBR Early Career Researchers



**Are you in need of support?**

**This info pack contains contact details of services and persons you can talk to.**

Brought to you by the  
CBR Early Career Researchers Committee and Wellbeing Champions  
at the University of Auckland

# Are you Surviving? Struggling? Here are resources that can help you

Kia ora CBR ECR's,

How often do we hear that work on academia is tough, or that stress is just a normal part of a PhD? Of course work in academia can be challenging, but we don't think it should affect your mental or physical health. If you are concerned or feel like you could use some support: we have listed helplines and support services that can help you out.

In this info pack we have collected contact details of national services, but also of contact persons at the university, both for personal and academic support. The University of Auckland has a [Bullying, Harassment and Discrimination Policy](#), which could be worth checking out.

This info pack is mainly targeted at PhD students and postdocs at the CBR, but many of these helplines are available to everyone. If you have any questions, feel free to send us an email on [cbr.ecr@auckland.ac.nz](mailto:cbr.ecr@auckland.ac.nz)

Warm regards,

The CBR Early Career Researchers committee



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# 1. National helplines

## 1737 - Need to talk?

Free call or text 1737 any time for support from a trained counsellor, who can also develop a care plan with you and signpost to relevant services.

## Lifeline - 0800 543 354 (0800 LIFELINE)

Or free text 'Help' to 4357 (HELP). Free 24/7 confidential support from qualified counsellors and trained volunteers.

## Suicide Crisis Helpline - 0508 828 865 (0508 TAUTOKO)

Free 24/7 support, if you or someone you know is thinking about suicide. If someone is in immediate danger call emergency services on 111.

## Healthline - 0800 611 116

Free 24/7 service for general health advice and information

## Youthline - 0800 376 633

Or free text 234. Free 24/7 helpline service aimed at people aged between 12-24 years, but will support all ages. Webchat and email are also available. Face to Face counselling available for all ages.

## Samaritans - 0800 726 666

For 24/7 confidential, non-judgemental & non-religious support. Talk to community volunteers if you are experiencing loneliness, depression, despair, distress or suicidal feelings.

## **If you are in crisis, or are worried about someone who could be, call the Mental Health Crisis Line:**

Central Auckland	0800 800 717 (available 24/7)
West Auckland & North Shore	09 487 1414 (8.00 am - 4.30 pm) or 09 486 8900 after hours (ask for North Crisis team)
South Auckland	09 261 3700 (8.00 am - 5.00 pm) or 0800 775 222 after hours

If you have trouble reaching these numbers, please call 1737. They can put you through to the crisis team in your area.

**If you or someone around you is in immediate danger:**

**Call emergency services on 111**

## 2. Specific helplines and online services

### Depression and anxiety

- **Depression Helpline** - 0800 111 757 or free text 4202  
Talk to a trained counsellor about how you are feeling or to ask any questions.
- **www.depression.org.nz**  
Includes The Journal online help service.
- **SPARX.org.nz**  
Online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.
- **LowDown** - 0800 111 757 or free text 5626  
Talk to a trained counsellor about how you are feeling
- **Te Au - National Maori Suicide Prevention Centre** - 0800 6282 8464  
This service implements suicide prevention plans Nationwide for Maori and Pasifika. [www.teaumaori.com](http://www.teaumaori.com)
- **Anxiety NZ** - 0800 269 4389 (0800 ANXIETY)

### Domestic and sexual violence

- **Are You OK** - 0800 456 450  
Family violence helpline.
- **Shine** - 0508 744 633  
Confidential domestic abuse helpline for people of any gender. <https://www.2shine.org.nz/>
- **Women's Refuge Crisis line** - 0800 733 843 (0800 REFUGE).  
Helpline for women living with violence, or in fear, in their relationship or family. Can help to find your local women's refuge.
- **Shakti Crisis Line** - 0800 742 584  
For migrant or refugee women with Asian, African or Middle Eastern origin living with family violence.
- **Safe to talk** - 0800 044 334 or text 4334  
Sexual harm helpline. Also offers live chat on their website: <https://www.safetotalk.nz/>
- **TOAH-NNEST**  
Te Ohaakii a Hine-National Network Ending Sexual Violence Together: national network of those providing specialist services for sexual violence prevention and intervention. Find a local support service on <http://toah-nnest.org.nz/>
- **Rape Crisis** - 0800 883 300  
For support after rape or sexual assault
- **SAFE Network** - 09 377 9898 (ext 700)  
Helping people and communities with support for concerning or harmful sexual behaviour.

### Addiction

- **Alcohol and Drug Helpline** - 0800 787 797 or online chat on <https://alcoholdrughelp.org.nz/>
- **Gambling Helpline** - 0800 654 655  
<https://www.gamblinghelpline.co.nz/>
- **Quit Line** - 0800 778 778  
Smoking cessation help. <https://quit.org.nz/>

## 2. Specific helplines and online services

### Sexuality and pregnancy

- **Family Planning New Zealand** - <https://www.familyplanning.org.nz/>  
Provides a range of services including sexual and reproductive health information, and clinical services.
- **Just the Facts (about sexual health and STI's)** - 09 433 6526  
Online resource containing sex-positive information about sexual health, STIs, contraception and where to go for health services throughout NZ.
- **In the Know / Light Project**  
Young person-oriented resource around pornography addiction and impact on sexual health awareness/education
- **Youthline Pregnancy Centre** - 09 361 4162  
Provides referrals to assist people with decision making, post-termination, post-miscarriage, partner support.
- **Miscarriage Support** - 0508 72 63 72  
Information, resources, support for bereaved parents, referrals to counsellors. Support groups available.

### Parenting and family support

- **Parent Help** - 0800 568 856  
Helps parents with all parenting challenges. 9am to 9pm 7 days.
- **Plunket** - 0800 933 922  
Parenting support, information, home and clinic visits, mobile clinics for newborn + ages. Free service.
- **Vagus Line** - 0800 56 76 666  
Available Mon, Wed, Fri 12 noon – 2pm. Promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence.

### Other specialist helplines

- **OUTLine NZ** - 0800 688 5463 (0800 OUTLINE)  
Confidential support by trained LGBTIQ+ volunteers, available every evening between 6pm-9pm.
- **Skylight** - 0800 299 100  
For support through trauma, loss and grief; 9am–5pm weekdays.
- **Victim Support** - 0800 842 846  
Practical and emotional support and personal advocacy to all people affected by crime and trauma, 24/7. <https://www.safetotalk.nz/>
- **Auckland Central Warmline** - 0508 927 654 (0508 WARMLINE). Peer support helpline for present and past users of Auckland DHB Mental Health Services, available 8pm-11pm, seven nights a week.
- **Netsafe** - 0508 638 723, text 4282  
Advice and support for online bullying, harassment & scams. 8am-8pm Monday to Friday / 9am-5pm weekends. [www.netsafe.org.nz](http://www.netsafe.org.nz)
- **IHC Idea Services** - 0800 442 442  
Support for young people and adults with disabilities
- **EDANZ (Eating Disorders Association of New Zealand)** - 0800 233 269  
Support for people who support other people with eating disorders
- **Refugees as Survivors** - (09) 620 2252  
Specialist mental health service for refugees (both recent refugees and after resettlement)
- **Rainbow Youth** - 09 376 4155  
Information, advocacy, peer support groups for young people upto 27 years

### 3. Services for UoA staff and students

#### **EAP Services for staff**

Talk to trained counsellors through the **Employee Assistance Program (EAP)**. The first three sessions are free for UoA staff. Call 0800 327 669 or visit <https://www.eapservices.co.nz>.

#### **University Health and Counselling Services for students**

Free confidential support and/or counseling for students - price for international students depends on insurance. Call 0800 698 427 or fill out the self-refer form:

<https://www.auckland.ac.nz/en/on-campus/student-support/personal-support/student-health-counselling/counselling-services.html>.

#### **Student Disability Services**

Service for all students with a disability, including diagnosed mental health conditions.

Email [disability@auckland.ac.nz](mailto:disability@auckland.ac.nz) or visit

<https://www.auckland.ac.nz/en/on-campus/student-support/personal-support/students-with-disabilities.html>

#### **UoA Personal Support web page for students**

Links to info on counselling services, support for Māori and Pacific students, bullying guidelines and self-help resources. <https://www.auckland.ac.nz/en/on-campus/student-support/personal-support.html>

#### **International Student Support Team**

Advice and support for all current international undergraduate, postgraduate and doctoral students.

<https://www.auckland.ac.nz/en/on-campus/student-support/personal-support/international-student-support/international-student-advisers.html>.

#### **Rebecca Walkinton**

Manager International Student Support Services

Faculties: Creative Arts and Industries, Medical and Health Sciences

Email: [r.walkinton@auckland.ac.nz](mailto:r.walkinton@auckland.ac.nz)

#### **Moumita Subuddhi**

International Student Adviser

Faculties: Science and Engineering

Email: [m.subuddhi@auckland.ac.nz](mailto:m.subuddhi@auckland.ac.nz)

#### **Suriati Razman**

International Student Adviser

New Zealand Scholar Support

Email: [s.razman@auckland.ac.nz](mailto:s.razman@auckland.ac.nz)

#### **Maxine Ma**

International Student Adviser

New Zealand Scholar Support

Email: [maxine.ma@auckland.ac.nz](mailto:maxine.ma@auckland.ac.nz)

#### **Juliane Adamietz**

International Student Adviser

International Student Experience

Email: [j.adamietz@auckland.ac.nz](mailto:j.adamietz@auckland.ac.nz)

## 4. Academic Heads

An academic head can be a **Head of School (HoS)** or **Head of Department (HoD)**, and can be contacted for academic disputes and mediation by staff or students. Find your academic head in the list below:

### Faculty of Medical and Health Sciences

School of Population Health	Robert Scragg	r.scragg@auckland.ac.nz
> Dept. of General Practice	Katharine Wallis	k.wallis@auckland.ac.nz
School of Optometry	Steven Dakin	s.dakin@auckland.ac.nz
School of Nursing	Julia Slark	j.slark@auckland.ac.nz
School of Pharmacy	Shane Scahill	s.scahill@auckland.ac.nz
School of Medicine	Phillippa Poole	p.poole@auckland.ac.nz
> Dept. of Medicine	Ian Reid	i.reid@auckland.ac.nz
> Dept. of Psychological Medicine	Sally Merry	s.merry@auckland.ac.nz
> Department of Ophthalmology	Charles NJ McGhee	c.mcghee@auckland.ac.nz
School of Medical Sciences	Paul Donaldson	p.donaldson@auckland.ac.nz
> Discipline of Oncology	Ben Lawrence	b.lawrence@auckland.ac.nz
> Dept. of Anatomy and Medical Imaging	Maurice Curtis	m.curtis@auckland.ac.nz
> Dept. of Mol. Medicine & Pathology	Alan Davidson	a.davidson@auckland.ac.nz
> Dept. of Pharmacology	Malcolm Tingle	m.tingle@auckland.ac.nz
> Dept. of Physiology	Laura Bennett	l.bennet@auckland.ac.nz

### Faculty of Science

School of Biological Sciences	Allen Rodrigo	a.rodrido@auckland.ac.nz
School of Chemical Sciences	Gordon Miskelly	g.miskelly@auckland.ac.nz
School of Psychology	Suzanne Purdy	sc.purdy@auckland.ac.nz
Department of Exercise Science	Michael Kingsley	michael.kingsley@auckland.ac.nz
School of Computer Science	Giovanni Russello	g.russello@auckland.ac.nz

### Faculty of Creative Arts and Industries

Dance Studies Programme	Ralph Buck	r.buck@auckland.ac.nz
School of Music	David Chisholm	david.chisholm@auckland.ac.nz

### Faculty of Engineering

School of Engineering	Gerard Rowe	gb.rowe@auckland.ac.nz
> Dept. of Mechanical Engineering	Krishnan Jayaraman	k.jayaraman@auckland.ac.nz

### Auckland Bioengineering Institute

Auckland Bioengineering Institute	Peter Hunter	p.hunter@auckland.ac.nz
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## 5. Student Support Advisers

A **Student Support Adviser (SSA)** is an approachable point of contact for academic and non-academic support. Each faculty has its own SSA's, some with a specific task profile. These SSA's will do their best to provide you with support and guidance, or direct you to the right people and services.

### Faculty of Medical and Health Sciences

Meg Davis	meg.davis@auckland.ac.nz	Student Support
Daniel Heke	d.heke@auckland.ac.nz	Student Support
Damian Laurenson	d.laurenson@auckland.ac.nz	Until November 2021

### Faculty of Science

Mariam Almasri	mariam.almasri@auckland.ac.nz	Domestic and Postgraduate
Deidre Doyle	d.doyle@auckland.ac.nz	International
Erica Farrelly	e.farrelly@auckland.ac.nz	International; Students of Refugee Background
Jina Kim	jina.kim@auckland.ac.nz	Student Support
Sharon Televave	s.televave@auckland.ac.nz	Māori and Pacific Undergraduate and Postgraduate

### Faculty of Creative Arts and Industries

Tera Hanson	t.hanson@auckland.ac.nz	Student Support
Jeanette Donnelly	j.donnelly@auckland.ac.nz	Student Support & Experience
Alaina Muriwai-Te Rore	alaina.muriwai@auckland.ac.nz	Tuākana Coordinator - Māori and Pacific Student Academic Support
Tom Owen	t.owen@auckland.ac.nz	Student Academic Services & Engagement Manager

### Faculty of Engineering

Michael Willimott	m.willimott@auckland.ac.nz	Student Development and Engagement Manager
Chris McClymont	c.mcclymont@auckland.ac.nz	Student Development and Engagement Team Leader
Alcione Fagundes	a.fagundes@auckland.ac.nz	SSA Equity
Steve Roberts	s.roberts@auckland.ac.nz	SSA Māori and Pacific
Jonathan Culley	j.culley@auckland.ac.nz	Employer Liaison Manager
Kelly Moodie	k.moodie@auckland.ac.nz	Women in Engineering Adviser
Meleane Akauola	m.akauola@auckland.ac.nz	Student Support / International
Monique Warder	m.warder@auckland.ac.nz	Project Manager, WIE33 Project
Courtney King	courtney.king@auckland.ac.nz	Student Experience Adviser
Caitlin Scragg	c.scragg@auckland.ac.nz	Student Experience Adviser

## 6. Academic Student Support and Department Graduate Advisers

This list contains the contact details for **Academic Support and Department Graduate Advisers (DGA's)** for the **Faculty of Medical and Health Sciences**, which can be contacted for assistance with project direction/management or other types of academic support.

Find the complete list on [www.auckland.ac.nz/en/fmhs/current-students/doctoral-students/contact.html](http://www.auckland.ac.nz/en/fmhs/current-students/doctoral-students/contact.html)

### Faculty of Medical and Health Sciences

FMHS	Trevor Sherwin	t.sherwin@auckland.ac.nz	Associate Dean (Postgraduate)
School of Population Health	Daniel Exeter	d.exeter@auckland.ac.nz	School Postgraduate Director
School of Optometry	Monica Acosta	m.acosta@auckland.ac.nz	School Postgraduate Director and PhD contact
School of Nursing	John Parsons	j.parsons@auckland.ac.nz	School Postgraduate Director
School of Pharmacy	Suresh Muthukumaraswamy	sd.muthu@auckland.ac.nz	School Postgraduate Director and PhD Contact
School of Medicine	John Thompson	j.thompson@auckland.ac.nz	Associate Head of School (Postgraduate Research)
	Cathy Stinear	c.stinear@auckland.ac.nz	DGA Medicine
	Ilva Rupenthal	i.rupenthal@auckland.ac.nz	DGA Ophthalmology
	Elizabeth Broadbent	e.broadbent@auckland.ac.nz	DGA Psychological Medicine
School of Medical Sciences	Sue McGlashan	s.mcglashan@auckland.ac.nz	School Postgraduate Director
	Nuala Helsby	n.helsby@auckland.ac.nz	DGA Oncology, Biomedical Science
	Henry Waldvogel	h.waldvogel@auckland.ac.nz	DGA Anatomy and Medical Imaging
	Brya Matthews	brya.matthews@auckland.ac.nz	DGA Molecular Medicine and Pathology
	Jack Flanagan	j.flanagan@auckland.ac.nz	DGA Pharmacology and Clinical Pharmacology
	Srdjan Vlajkovic	s.vlajkovic@auckland.ac.nz	DGA Physiology
	Stephen Jamieson	s.jamieson@auckland.ac.nz	DGA Auckland Cancer Society Research Centre
	Andrea Braakhuis	a.braakhuis@auckland.ac.nz	DGA Nutrition

## 6. Academic Student Support and Department Graduate Advisers

This list contains the contact details for **Academic Support and Department Graduate Advisers (DGA's)** for the **Faculty of Science**, which can be contacted for assistance with project direction/management or other types of academic support.

You can find the complete list on

<https://www.auckland.ac.nz/en/science/current-students/postgraduate-students/academic-advice.html>

### Faculty of Science

School of Biological Sciences	Evgeniya Kruglova	e.kruglova@auckland.ac.nz	Academic Services Coordinator for all School of Biological Sciences
	Patricia Rodriguez	p.rodriguez@auckland.ac.nz	PhD Academic Services Coordinator for all SBS
	Greg Holwell	g.holwell@auckland.ac.nz	PhD Advisor for all SBS
	Gavin Lear	g.lear@auckland.ac.nz	PhD Advisor for all SBS
School of Chemical Sciences	Audrey Williams	audrey.williams@auckland.ac.nz	Academic Services Coordinator for all SCS
	Jon Sperry	j.sperry@auckland.ac.nz	PhD Advisor for all SCS
School of Psychology	Karen Waldie	k.waldie@auckland.ac.nz	PhD – general
	Sue Cowie	s.cowie@auckland.ac.nz	PhD – clinical
	Nadia Kennington	n.kennington@auckland.ac.nz	Academic Services Coordinator
	Min-Ah Lee	mina.lee@auckland.ac.nz	Admin for all Speech Science
Department of Exercise Science	Arne Nieuwenhuys	a.nieuwenhuys@auckland.ac.nz	Exercise Sciences
	Rebecca Meiring	rebecca.meiring@auckland.ac.nz	Clinical Exercise Physiology
	Evgeniya Kruglova	e.kruglova@auckland.ac.nz	Academic Services Coordinator for all Department of Exercise Sciences
School of Computer Science	Jing Sun	jing.sun@auckland.ac.nz	PhD Adviser
	Sarah Evill	sarah.evill@auckland.ac.nz	Academic Services Coordinator

## 6. Academic Student Support and Department Graduate Advisers

These lists contain the contact details for **Academic Support and Department Graduate Advisers (DGA's)** for the faculties of **Creative Arts and Industries, Engineering and ABI**, which can be contacted for assistance with project direction/management or other types of academic support.

### Faculty of Creative Arts and Industries

Dance Studies Programme	Sarah Foster-Sproull	s.foster-sproull@auckland.ac.nz	Adviser all postgraduate programmes
School of Music	Gregory Camp	g.camp@auckland.ac.nz	Director of Postgraduate Studies

See also

<https://www.auckland.ac.nz/en/creative/study-with-us/study-options/doctoral-study/introduction-cai/postgraduate-advisers.html>

### Faculty of Engineering

School of Engineering	Richard Clarke	rj.clarke@auckland.ac.nz	Associate Dean - Postgraduate Research
	Gary Miller	g.miller@auckland.ac.nz	Associate Dean - Postgraduate Taught
	Kean Aw	k.aw@auckland.ac.nz	Mechanical Engineering PhD Programme Adviser

See also

<https://www.auckland.ac.nz/en/engineering/study-with-us/study-options/courses/academic-advisers.html>

### Auckland Bioengineering Institute

Alys Clark	bioeng-postgrad-advisor@auckland.ac.nz	Associate Director Postgraduate
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See also <https://www.auckland.ac.nz/en/abi/study-with-us/study-options/advice-support.html>