BE WELL

10 1

Presented by the Wellbeing and Equity Team
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
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.

LOCATION
WORKSHOP 101, KATE EDGER INFO COMMONS, CITY CAMPUS

AUCKLAND.AC.NZ/SEXUAL-HEALTH-SCREENINGS
Need a Plan B?
Bullying, Harassment and Discrimination training

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 SUPPORT SERVICES
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 603 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: uniwelbeing@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!