BE WELL

Presented by the Wellbeing and Equity Team
HEALTH INITIATIVES
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
Perfectly Imperfect

Cheap Fruits and Vegetables!

$15 Boxes - Fill up your box with ugly vegetables and fruits

Albert Park’s Cottage in Albert Park, Monday to Friday
1 - 4pm
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.

LOCATION
WORKSHOP 101, KATE EDGER INFO COMMONS, CITY CAMPUS

AUCKLAND.AC.NZ/SEXUAL-HEALTH-SCREENINGS

Burnett Foundation Aotearoa
auckland sexual health regional services

Bell Well Whai Hauora
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.
- Most services are covered by insurance (StudentSafe).
- 20,000NZD worth of mental health cover.
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.

[link](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](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.

[link](auckland.ac.nz/be-well)

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**Rainbow Support Worker**

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

[link](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)

[link](helpauckland.org.nz)

**Proctor**

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

[link](auckland.ac.nz/proctor)

**AUSA Advocacy**

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

[link](ausa.org.nz)

**UniWellbeing**

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

**Email:** uniwellbeing@auckland.ac.nz

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**Faith and Spiritual Wellbeing**

Spiritual support is available for students at the University.

**Website:** Visit [auckland.ac.nz](auckland.ac.nz) and search ‘spiritual wellbeing’.

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**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.

[link](auckland.ac.nz/complaints-and-incidents)

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**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.

[link](disability.auckland.ac.nz)

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**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.

[link](auckland.ac.nz/campus-care)
Questions?

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

Be well and look after yourself!