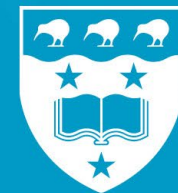


Student Wellbeing

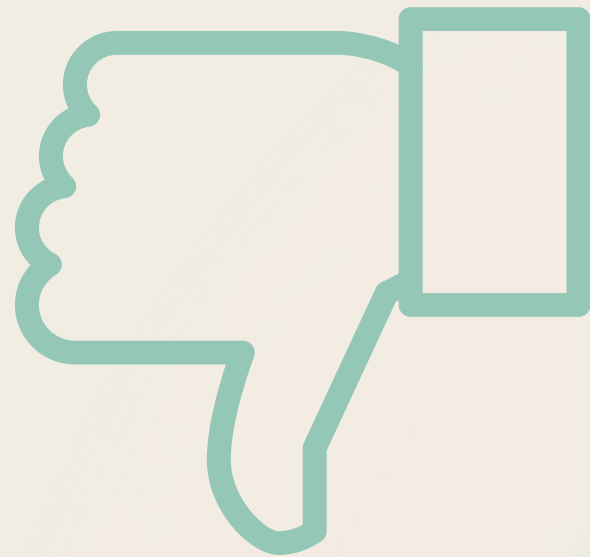
Chantelle Pham and Ashlyn Vijay
Wellbeing and Equity Student Ambassadors



Waipapa
Taumata Rau
University
of Auckland

BE WELL 101

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 large, flowing, double-lined swoosh that frames the central text.

HEALTH INITIATIVES



Waipapa
Taumata Rau
University
of Auckland

**Your wellbeing matters every day of the month.
Period products are available on campus across
all the Student Hubs and 70+ bathrooms.**

**Support is here and free,
if you need it.**

auckland.ac.nz/period-caught-you-short

SEX

FREE SEXUAL HEALTH SCREENINGS

auckland.ac.nz/sexual-health-screenings

A confidential health service for all students, offered in association with the Burnett Foundation Aotearoa, Auckland Sexual Health Services and Positive Women.

**No appointment necessary – simply drop in
and see the friendly team.**

LOCATION

Kate Edgar Information Commons -
Room 387 (in front of Health and
Counselling)

WHEN

Tuesday, 4th of August : 1-4pm
Tuesday, 6th of October : 1-4pm

**Burnett
Foundation
Aotearoa**



**auckland
sexual health**
regional services

Positive Women
Wāhine Kaha





The background features a gradient from light purple to pink. On the left, several thin, dark purple wavy lines curve upwards. On the right, similar wavy lines curve downwards. Scattered throughout are small white four-pointed stars and one small pink circle with a vertical line through its center, located near the bottom right of the text.

**Need a
Plan B?**

Winter Warmers

Access donated winter clothes for free
right on Campus!

- Grafton Campus (Main Atrium) – 10/08
- City Campus (Quad) - 12/08



SELF HELP TOOLS



BALANCE!

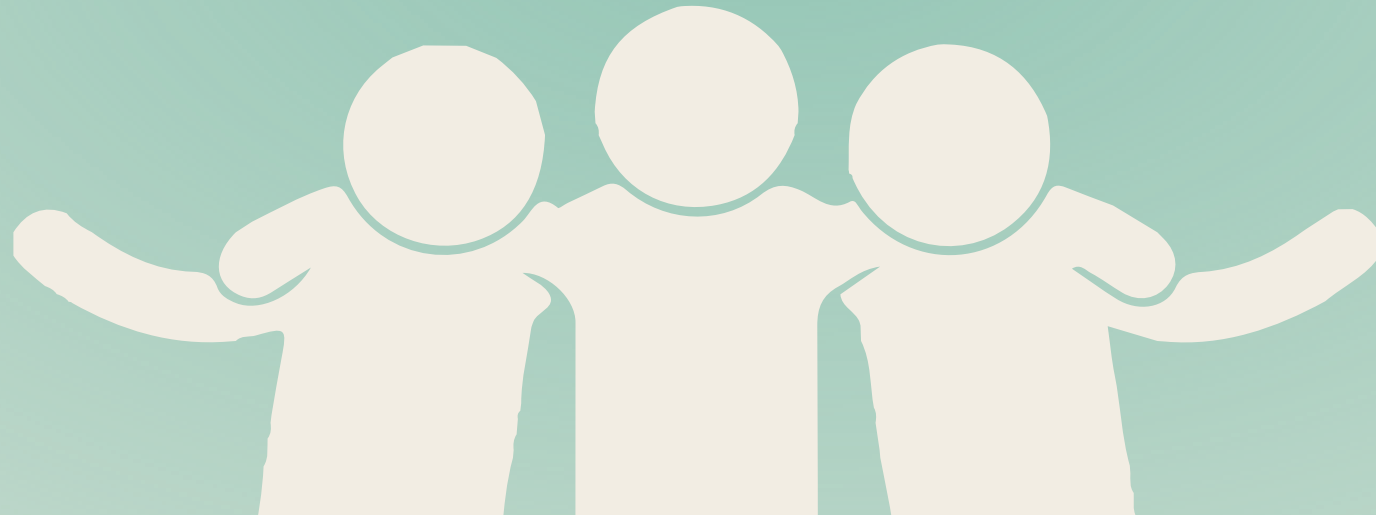


STUDENT CLUBS

Over 200 clubs within the university

Social nights, team activities, volunteering etc.

Clubs Expo on the 3rd - 6th of March!



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 for most).
- 20,000NZD worth of mental health insurance.



Campus Care



Faith & Spirituality

Support

Chaplaincy Services for religious and non-religious students.

Wide variety of Religious and Spiritual Clubs.

Beware of potentially harmful groups not registered with the University!

Cheap Fruits & Vegetables @ Mission Grocer



- Open in the White Cottage in Albert Park, Wednesday and Thursday, 11 to 4
- \$15 Bags of Vegetables and Fruits or student Care packages (A bag of produces + a meal)

Puāwaitanga



- Online or over the - phone counselling service free for all students at UoA.
- Counselling available in many different languages, including:
 - English
 - Mandarin
 - Hindi

Do you need help?

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



Te Papa Manaaki, Campus Care

A safe, confidential and free service where a case manager will connect and guide you through relevant support services. You can be referred by others or reach out directly for advice.

auckland.ac.nz/campus-care



University Health and Counselling Services (UHCS)

Enrolled patients can book an appointment with a GP, nurse or counsellor. Visit the website for more info, including online enrolment.

auckland.ac.nz/studenthealth



Ratonga Hauātanga Taurā, Student Disability Services (SDS)

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



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



Student Conduct Office

The primary reference point for all matters relating to student general misconduct, including your options for reporting and available support.

auckland.ac.nz/student-conduct



Complaints and incidents

This is where you can submit a complaint, provide feedback or report an incident to the University.

auckland.ac.nz/complaints-and-incidents



Alcohol and Drug Clinician

Confidential alcohol and drug advice and appointments are available for all students.

auckland.ac.nz/aod-clinician



Rainbow Support Adviser

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



Spiritual and religious support

The team can provide holistic pastoral care and wellbeing. They offer inclusive, compassionate support whether you have a faith or are exploring how spirituality and religion could be a part of your life.

auckland.ac.nz/spiritual-support



AUSA Advocacy

The team provide free, independent, professional advice if you are struggling with an academic, financial or personal issue.

ausa.org.nz/support/advocacy



HELP Centre

A private and confidential service providing specialist support for sexual abuse survivors. Search 'HELP' on the University website for information on the drop in service.

Phone: 0800 623 1700 (available 24/7)
helpauckland.org.nz



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 (7 days a week 9am-9pm)
Visit auckland.ac.nz and search 'Puāwaitanga'.



UNIVERSITY OF
AUCKLAND
Waipapa Taumata Rau

*Be Well
Whai
Hauora*



Questions?

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



THANK YOU!

Be well and look after
yourself!