

Tautoko hauora hinengaro  
Ratonga Hauātanga Taura

Mental health support  
Student Disability Services  
Equity Office – Te Ara Tautika



We are committed to being  
safe, inclusive and equitable

[www.equity.auckland.ac.nz](http://www.equity.auckland.ac.nz)



THE UNIVERSITY OF  
**AUCKLAND**  
Te Whare Wānanga o Tāmaki Makaurau  
NEW ZEALAND

*“Me hui kanohi ki te kanohi kia rongo i te mauri o te tangata”*

## **Tautoko ai mātou:**

### **We offer support to:**

- All students with mental health diagnoses
- This includes depression, anxiety, ASD and ADHD.

## **Ngā momo tautoko:**

### **Type of support:**

- On-going kōrero throughout your studies
- Wellbeing support
- Academic practical help and advice
- Advocating on your behalf with external agencies and University staff.

**Whakaritea he hui mā te peka, atu ki  
To book an appointment, go to  
[disability.auckland.ac.nz](http://disability.auckland.ac.nz)**

*For short-term or urgent counselling support, contact  
University Health and Counselling.*

### **For more info:**

[www.disability.auckland.ac.nz](http://www.disability.auckland.ac.nz)

### **Where to find us:**

Student Disability Services  
Equity Office – Te Ara Tautika  
Basement Level, Room 034  
The ClockTower Building  
22 Princes Street, Auckland

