

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

Do you need to see a doctor or nurse, or if you would like to chat to a counsellor.

Website: [Auckland.ac.nz/healthandcounselling](https://auckland.ac.nz/healthandcounselling)



UniWellbeing

Online therapy tool

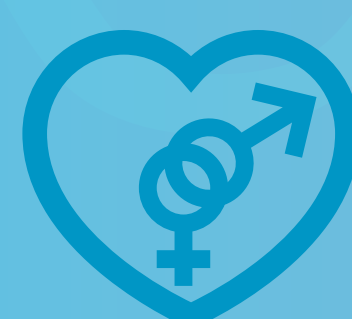
Email: uniwellbeing@auckland.ac.nz



Be well

General wellbeing self-help resources.

Website: [Auckland.ac.nz/wellbeing](https://auckland.ac.nz/wellbeing)



HELP Drop-in Centre

HELP is a private and confidential service providing specialist support for sexual abuse survivors.

Phone: 24/7 phone number (09) 623 1700

Website: <https://www.helpauckland.org.nz/>



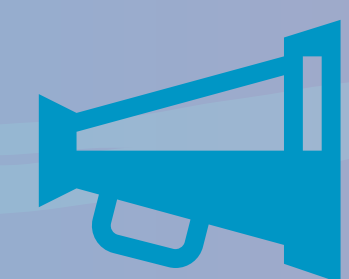
Proctor

They manage student non-academic misconduct and complaints.

Email: proctor@auckland.ac.nz

Phone: 923 7005

Mobile: 027 839 3832



AUSA Advocacy

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

Website: ausa.org.nz



Complaints about Staff

If you have a complaint about a University staff member you can get advice from the Proctor, AUSA Advocacy, or visit the University website for other options.



Resident Advisers

In University accommodation, RAs can provide support.



Mental Health Advisers and Disability Support

Advisers offer a range of services to make studying at the University an accessible and positive experience by tailoring support to suit each individual student. Find them on the University website.



Anonymous complaints

Use the Whistleblower Hotline if you want to raise a matter with the University anonymously.

Website: Search whistleblower

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Be
Well