A student guide to Waipapa Taumata Rau

Learn about the support available to you during your time at university.
A day in the life of a university student
Getting support at the University
Do you need help?

You are not alone!

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 623 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: uniwellbeing@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, ALUSA 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
Health Promotion at the University
Available trainings

Bullying, Harassment and Discrimination training

Creating Culture of Consent and Respect training
Removing barriers to access

Got your period? We’ve got you!

Need a Plan B? We’re reducing barriers to access the morning after pill so you can make the right decision for you.

The morning after pill is now fully funded through our Campus Pharmacy.

For more information on how you can access this service, your options, and the support services available to you, please visit the link: Auckland.ac.nz/plan-b.
Connecting and relaxing

WIKI WHAI HAUORA

Monday 25 – Friday 29 Sept

Wiki Whai Hauora is a week of pursuing health and supporting your wellbeing.

auckland.ac.nz/wiki-whai-hauora
Engaging with the University
Student Clubs

The University is home to over 250 clubs, which group those students with a specific interest, culture or academic discipline.

You can check out the social networks of the clubs or Engage to find any club events that you may like to join.
Uni Guide Hangout

Hosted by UniGuides, these hangouts give new and current students a chance to meet, relax and get to know each other.
Staying connected with what’s happening

Overall, there are many events and ways to engage with the University throughout the year.

You can find more information on our social channels:
• What’s On at the University of Auckland Facebook Page
• The University of Auckland Instagram page
• Faculty specific social accounts. For a full list, click here.
Taking care of yourself
# My self-care plan

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<thead>
<tr>
<th>What makes me happy?</th>
<th>What relaxes me?</th>
<th>What are some early warning signs that tell me I am starting to struggle mentally?</th>
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<th>What can I do to relax after a stressful day?</th>
<th>My support network includes:</th>
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Need extra information?

UoA Alert app

Kāhu app