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
We offer support to:

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

Type of support:

• Ongoing talanoa throughout your studies
• Wellbeing support
• Academic practical help and advice
• Advocating on your behalf with external agencies and University staff.

Book an appointment online at:
disability.auckland.ac.nz

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

For more info:
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