

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

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



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.



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, AUSA 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