

Do you need help?

The University has a range of ways to get help if something has happened to you or someone you know.



Te Papa Manaaki, Campus Care

A safe, confidential and free service where a case manager will connect and guide you through relevant support services. You can be referred by others or reach out directly for advice.

auckland.ac.nz/campus-care



University Health and Counselling Services (UHCS)

Enrolled patients can book an appointment with a GP, nurse or counsellor. Visit the website for more info, including online enrolment.

auckland.ac.nz/studenthealth



Ratonga Hauātanga Tauira, Student Disability Services (SDS)

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



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



Student Conduct Office

The primary reference point for all matters relating to student general misconduct, including your options for reporting and available support.

auckland.ac.nz/student-conduct



Complaints and incidents

This is where you can submit a complaint, provide feedback or report an incident to the University.

auckland.ac.nz/complaints-and-incidents



Alcohol and Drug Clinician

Confidential alcohol and drug advice and appointments are available for all students.

auckland.ac.nz/aod-clinician



Rainbow Support Adviser

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



Spiritual and religious support

The team can provide holistic pastoral care and wellbeing. They offer inclusive, compassionate support whether you have a faith or are exploring how spirituality and religion could be a part of your life.

auckland.ac.nz/spiritual-support



AUSA Advocacy

The team provide free, independent, professional advice if you are struggling with an academic, financial or personal issue.

ausa.org.nz/support/advocacy



HELP Centre

A private and confidential service providing specialist support for sexual abuse survivors. Search 'HELP' on the University website for information on the drop in service.

Phone: 0800 623 1700 (available 24/7)
helpauckland.org.nz



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 (7 days a week 9am-9pm)
Visit auckland.ac.nz and search 'Puāwaitanga'.



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AUCKLAND
Waipapa Taumata Rau
NEW ZEALAND

Be Well
Whai
Hauora