

where to get HELP!

Phase 2

Out of Auckland

IMMEDIATE RISK

For an emergency that is happening right now dial 111, or, to discuss your own or someone else's safety or acute mental health crisis, phone Mental Health Crisis Line on 0800 800 717 (24 hrs).

KEY CONTACTS

Phase 2 Director - Academic matters related to Phase 2

Dr Kira Bacal (09) 923 3046 k.bacal@auckland.ac.nz

Year 4 Coordinator

Dr Matt Dawes (09) 923 6389 m.dawes@auckland.ac.nz

Group Services Manager (MPD) – Administrative issues

Lucy Mo (09) 923 2773 mpd@auckland.ac.nz

Medical Programme Directorate (MPD) general enquiries

(09) 923 1606 mpd@auckland.ac.nz

Practicum Placement Coordinator (MPD) – Administration of student clinical allocations and selective placements: Teresa Timo (09) 923 6745 mpd@auckland.ac.nz

Student Academic Services & Engagement Manager – Advice on health, financial and welfare matters: Mel Cross (09) 923 6516 mel.cross@auckland.ac.nz

MAPAS Student Support Advisor for Phase 2

Akanesi Moala (09) 373 7599 ext. 81093, 021 879 565 (office hours only) a.moala@auckland.ac.nz

Student Support Advisor (Domestic and International)

Daniel Heke (09) 923 7071, 027 801 3726 (office hours only), fmhssupport@auckland.ac.nz

International Students (URGENT HELP)

The International Office can provide **24/7 help** for international students' urgent issues – Rebecca Walkinton +64 21 376 922 or r.walkinton@auckland.ac.nz

Equity Office - <u>Student Disability Services</u> (SDS): Provides support for students with a wide range of impairments, both visible and invisible (09) 923 2936 <u>disability@auckland.ac.nz</u>

Medical Assurance Society (MAS) Provides counselling services

Call 0800 800 627 and ask to be put in touch with the counselling team or info@mas.co.nz

University Student Health and Counselling services online resources - Self-help resources

Each clinical site has a number of potential resources to which you can be directed for specialist advice and health & counselling support. The following individuals can direct you appropriately:

BAY OF PLENTY

Head of Clinical School: Professor Peter Gilling peter.qilling@bopdhb.govt.nz

Academic Coordinator: Dr Kylie Gilmour <u>kylie.gilmour@bopdhb.govt.nz</u>

Student Placement Coordinators:

TAURANGA Leonie Alley (07) 579 8694 leonie.alley@bopdhb.govt.nz

WHAKATANE Matt Sinton (07) 306 0941 Matthew.Sinton@bopdhb.govt.nz

Employee Assistance Program (EAP): 24 hour help line 0800 32 7669 or

Tauranga Service Provider: (07) 578 0959

Whakatane Service Provider: (07) 307 9508

NORTHLAND

Academic Coordinator: Dr Win Bennett (09) 430 4101 x 3682 w.bennett@auckland.ac.nz

Site Team Leader: Caroline Strydom (09) 430 4101 x 3681 c.strydom@auckland.ac.nz

GP: TBC

Counsellor: Dr Yvette Ahmed 021 189 7540 Yvette@starfish.org.nz

ROTORUA

Academic Coordinators: Dr Nic Crook <u>nic.crook@lakesdhb.govt.nz</u>

Dr Steve Bradley stephen.bradley@lakesdhb.govt.nz

Medical Student Coordinator: Irene Warren (07) 348 1199 irene.warren@lakesdhb.govt.nz

Employee Assistance Program (EAP):

24 hour help line 0800 327 669 or go to www.eapservices.co.nz/booking

TARANAKI

Academic Coordinator: Dr John Doran (06) 753 6139 x 8736 john.doran@tdhb.org.nz

Medical Student Coordinator: Taryn Hall (06) 753 6139 x 8718 taryn.hall@tdhb.org.nz

HAWERA: Support Services Coordinator: Linda Smith (06) 278 9925 linda.smith@tdhb.org.nz

Employee Assistance Program (EAP): 24 hour help line (Stratos Ltd) 0800 787 2867

or contact Taranaki DHB, HR Advisor (06) 753 6139 x 7391

WAIKATO CLINICAL CAMPUS (WCC)

Assistant Dean: A/Prof Michael Jameson (07) 839 8604 michael.jameson@waikatodhb.health.nz

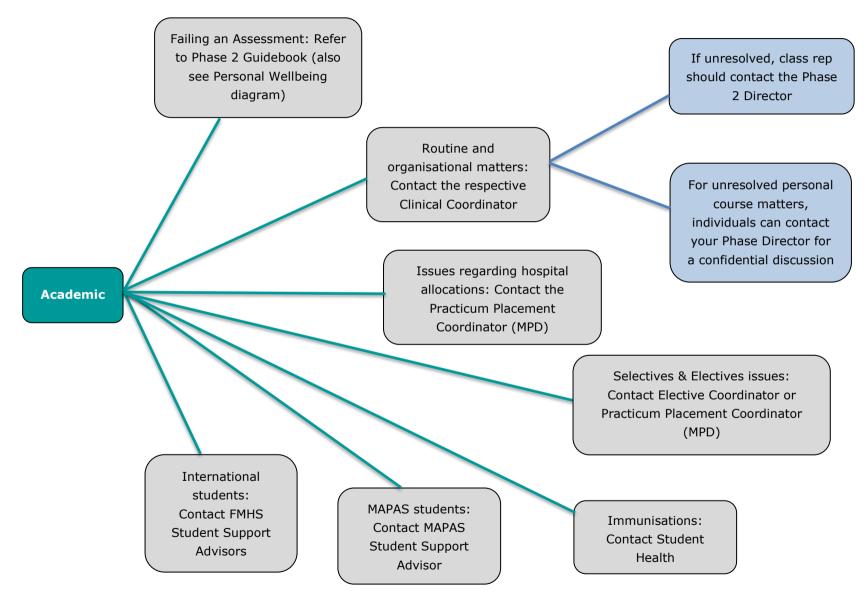
Campus Manager: Raewyn Wooderson (07) 839 8750

 $\underline{raewyn.wooderson@waikatodhb.health.nz}$

Waikato University Health: (07) 838 4037 medcentre@waikato.ac.nz



MEDICAL AND HEALTH SCIENCES





MEDICAL AND HEALTH SCIENCES

Circumstances which prevent you from meeting an assignment deadline

Illness or misfortune which impairs your ability to perform in an examination or test

Personal Wellbeing Anxious, stressed overwhelmed, depressed, or personal issues. Need help?

Feeling adversely affected or bullied by a staff member's behaviour?

Feeling harassed?
Having issues with a staff member or student?

Contact your clinical coordinator

Apply for special conditions if appropriate. Sit exam/test if at all possible. Apply for aegrotat or compassionate consideration within 7 days of last exam (https://www.auckland.ac.nz/en/students/academic-information/exams-and-final-results.html)

Contact Student Health & Counselling, (09) 923 7681 or Faculty Student Support Advisors if unsure.

Contact Site Coordinators for local support details

Seek support: Faculty staff are available for discussions e.g. Phase Director or Faculty Student Support Advisors

Medical Assurance Society (MAS) provides counselling services to members

Talk to your friends or class rep

Need to talk? 24/7 counselling support available by calling or texting **1737**Support for impairments: Contact Disability Services (<u>disability@auckland.ac.nz</u>)

Electronic resources:

CALM <u>www.calm.auckland.ac.nz</u>

www.thelowdown.co.nz

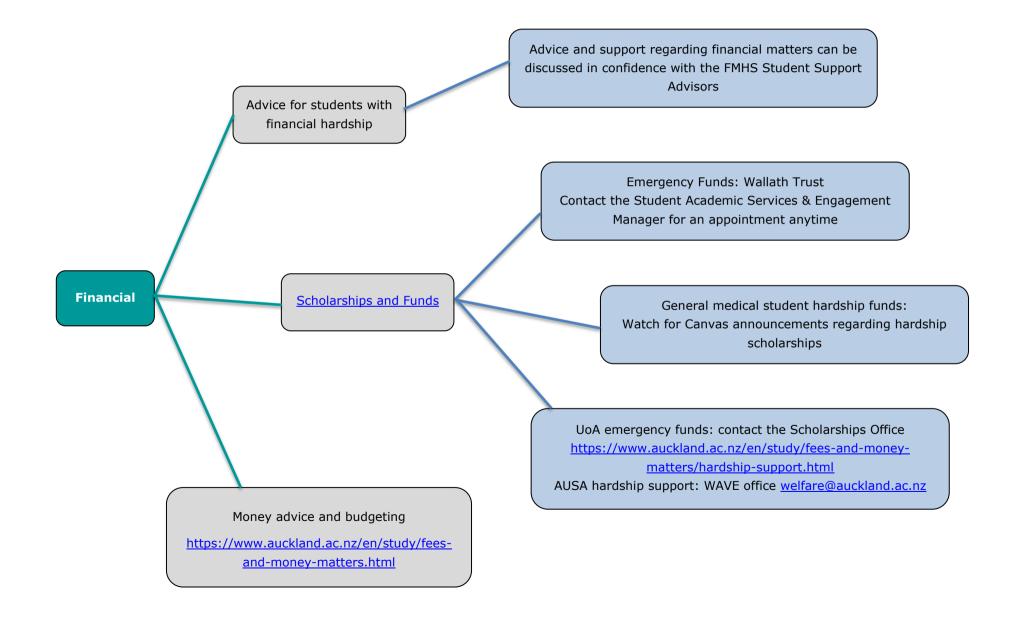
www.ulifeline.org

Lifeline (24/7) - 0800 543 354

UoA Student Counselling - self-help resources

No form of bullying is acceptable. You can approach Student Support Advisors, Phase Directors, Year Coordinators, Site Campus/Coordinators or the Proctor for advice and support.

For informal and confidential help, contact the Proctor. For more information www.auckland.ac.nz/proctor





Medical Programme Directorate

Ground Floor, Building 501, 85 Park Road, Grafton, Auckland, New Zealand T +64 9 373 7599 ext. 81606 E mpd@auckland.ac.nz The University of Auckland Private Bag 92019, Auckland 1142 New Zealand