where to get HELP!

Phase 3

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 3 Director
Dr Briar Peat (09) 923 1606 briar.peat@middlemore.co.nz

Electives Coordinator
Dr Andrew MacCormick andrew.maccormick@middlemore.co.nz

Group Services Manager (MPD) – Administrative issues
Johanna Beattie (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:
Teresa Timo (09) 923 6745 mpd@auckland.ac.nz

Student Academic Services & Engagement Manager – Advice on health, financial and welfare matters: Tanya Carter (09) 923 8644 tanya.carter@auckland.ac.nz

MAPAS Student Support Advisor for Phase 3
Nicola Clark 021 879 565 nicola.clark@auckland.ac.nz

Student Support Advisor (Domestic and International)
Jo Commins (09) 923 7534, 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 - Student Disability Services (SDS): Provides support for students with a wide range of impairments, both visible and invisible (09) 923 2936 disability@auckland.ac.nz

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

The University of Auckland strives to ensure the health, safety and wellbeing of all students. Alongside this, students should note that they too have a responsibility to take reasonable care of themselves and others. Students are encouraged to seek help early by contacting their academic supervisor and/or appropriate support services. For more information, please see the University of Auckland’s Health and Safety Policy.
KEY LOCAL STAFF TO KNOW

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.gilling@bopdhb.govt.nz](mailto:peter.gilling@bopdhb.govt.nz)

**Academic Coordinator:** Dr Prue McCallum  [prue.mccallum@bopdhb.govt.nz](mailto:prue.mccallum@bopdhb.govt.nz)

**Student Placement Coordinators:**
- **TAURANGA:** Leonie Alley (07) 579 8694  [leonie.alley@bopdhb.govt.nz](mailto:leonie.alley@bopdhb.govt.nz)
- **WHAKATANE:** Matt Sinton (07) 306 0941  [Matthew.Sinton@bopdhb.govt.nz](mailto: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](mailto:w.bennett@auckland.ac.nz)

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

**GP:** Dr Paula Mathieson (09) 438 4181

**Counsellor:** Dr Yvette Ahmed 021 189 7540  [Yvette@starfish.org.nz](mailto:Yvette@starfish.org.nz)

ROTORUA

**Academic Coordinators:**  Dr Nic Crook  [nic.crook@lakesdhb.govt.nz](mailto:nic.crook@lakesdhb.govt.nz)

Dr Steve Bradley  [stephen.brady@lakesdhb.govt.nz](mailto:stephen.brady@lakesdhb.govt.nz)

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

**Employee Assistance Program (EAP):**
24 hour help line 0800 327 669 or go to  [www.eapservices.co.nz/booking](http://www.eapservices.co.nz/booking)

TARANAKI

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

**Medical Student Coordinator:** Taryn Hall (06)753 6139 x 8718  [taryn.hall@tdhb.org.nz](mailto:taryn.hall@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:** AP Michael Jameson (07) 839 8604  [michael.jameson@waikatodhb.health.nz](mailto:michael.jameson@waikatodhb.health.nz)

**Campus Manager:** Raewyn Wooderson (07) 839 8750  [raewyn.wooderson@waikatodhb.health.nz](mailto:raewyn.wooderson@waikatodhb.health.nz)

**Waikato University Health:** (07) 838 4037  [medcentre@waikato.ac.nz](mailto:medcentre@waikato.ac.nz)

Last updated 12 June 2018
Failing an Assessment: Make contact initially with the Year 6 Department Coordinator (also see Personal Wellbeing diagram)

Routine and organisational matters: Contact the respective Clinical Coordinator

Issues regarding run allocations: Contact the Practicum Placement Coordinator (MPD)

Electives contact: Elective Coordinator or Practicum Placement Coordinator (MPD)

International students: Contact FMHS Student Support Advisors

MAPAS students: Contact MAPAS Student Support Advisor

If unresolved, class rep should contact the Phase 3 Director

For unresolved personal course matters, individuals can contact your Phase Director for a confidential discussion
**Personal Wellbeing**

- Circumstances which prevent you from meeting an assignment deadline
- Illness or misfortune which impairs your ability to perform in an examination or test
- 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](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 ([disability@auckland.ac.nz](mailto:disability@auckland.ac.nz))

**Electronic resources:**

- CALM - [www.calm.auckland.ac.nz](http://www.calm.auckland.ac.nz)
- [www.thelowdown.co.nz](http://www.thelowdown.co.nz)
- [www.ulifeline.org](http://www.ulifeline.org)
- Lifeline (24/7) – 0800 543 354

**UoA Student Health and Counselling Services**

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](http://www.auckland.ac.nz/proctor)

Last updated 12 June 2018
Advice and support regarding financial matters can be discussed in confidence with the FMHS Student Support Advisors.

Emergency Funds: Wallath Trust
Contact the Student Academic Services & Engagement Manager for an appointment anytime.

General medical student hardship funds:
Watch for Canvas announcements regarding hardship scholarships.

UoA emergency funds: contact the Scholarships Office
AUSA hardship support: WAVE office welfare@auckland.ac.nz

Money advice and budgeting