where to get HELP!

Phase 3

Auckland Region
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
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:
Teresa Timo (09) 923 6745 mpd@auckland.ac.nz

Student Health and Counselling – To make an appointment (09) 923 7681
For full background on enrolment and available resources visit Student Health and Counselling services. If urgent assistance required contact the FMHS Student Support Advisor.

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 3
Nicola Clark 021 879 565 nicola.clark@auckland.ac.nz

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

AUCKLAND CLINICAL CAMPUS

  Group Services Manager: Natasha Tinkler (09) 923 1534 n.tinkler@auckland.ac.nz

WAITEMATA CLINICAL CAMPUS

  NORTH SHORE
  Assistant Dean: Professor Martin Connolly Martin.Connolly@waitemataadhb.govt.nz
  Site Team Leader: Mere Vercoe (09) 486 7420 mere.vercoe@waitemataadhb.govt.nz

  WAITAKERE
  Site Coordinator: Deborah Clifford deborah.clifford@waitemataadhb.govt.nz

SOUTH AUCKLAND CLINICAL CAMPUS (SACC)

  Assistant Dean, South Auckland Clinical Campus: Professor Andrew Hill
  a.hill@auckland.ac.nz

  SACC Group Services Manager: Maria Vitas (09) 276 0044 x 8395 m.vitas@auckland.ac.nz

  SACC Student Administration Team: (09) 276 0044 x 2864 or 8076
  uniadmin@middlemore.co.nz
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)

International students: Contact FMHS Student Support Advisors

MAPAS students: Contact MAPAS Student Support Advisor

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

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

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Last updated 12 June 2018
**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.

- **UOA Student Counselling** - (09) 923 7681 or complete the online questionnaire.
- **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)**

**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**

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)**
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