



Wellbeing Guide

For all students: who to talk to and how they can help you do well at Lincoln University.

ACADEMIC WELLBEING

Learning, Teaching & Library | FREE

Location: Ground floor, Library **Website:** <https://ltl.lincoln.ac.nz/>
Here to help you with study techniques, disability support, finding resources, strengthening your writing, managing your research, referencing, data management, and developing your career. Workshops and individual advice.

Learning, writing & research skills: Caitriona Cameron (caitriona.cameron@lincoln.ac.nz), Craig Nicholson (craig.nicholson@lincoln.ac.nz)

Information skills: Hadrian Taylor (hadrian.taylor@lincoln.ac.nz)

Maths and Stats: Dean O'Connell (dean.oconnell@lincoln.ac.nz)

Peer Assisted Study Sessions (PASS) | FREE

Whether you are a top performer or could use some improvement, you will benefit from attending PASS. An opportunity to work together on study material in a relaxed environment where you can meet other classmates.

Pass Coordinator: Craig Nicholson

Email: craig.nicholson@lincoln.ac.nz

Careers and Employment | FREE

Assistance with career direction, skills identification, CVs, application letters, psychometric testing, interviews, labour market information and further study.

Contact: Michelle Ash **Email:** michelle.ash@lincoln.ac.nz

Inclusive Education | FREE

If you have an illness, injury or disability, contact the Inclusive Education team.

Contact: Rosemarie Richardson or Jo Wager

Phone: +64 3 423 0089 **Email:** inclusive@lincoln.ac.nz

MENTAL & EMOTIONAL WELLBEING

Student Health & Support; Counselling

Brief intervention mental health support and counselling to LU students.

Phone: +64 3 325 3835 **Location:** Hudson, ground floor

On-call Wellbeing Support and Sexual Harm Response & Prevention (SHRP) | FREE

Wellbeing Support Advisor P: 021 589 475 work days.

E: wellbeing.support@lincoln.ac.nz

Urgent only: until 9pm, 7 days.

Need to Talk service free text or call 1737

Thursdays in Black | FREE

Promotes conversation and raises awareness of sexual violence. Trained students run fortnightly discussions to offer a safe way for sexual violence survivors to come forward.

When: Thursdays 12-2pm **Location:** Library, front foyer

*He aha to mea nui o te ao?
He tangata, he tangata, he tangata*

What is the most important thing in the world?

It's people, people, people

SPIRITUAL WELLBEING / IDENTITY

Chaplains | FREE

Provide pastoral care, supporting the emotional wellbeing of students and staff. They can also advocate for you and help with non-medical aegrotats. Also can assist with food from the Foodbank. Plus, looking for a quiet space then come to the chapel, in Hudson 003

Contact: Rev Victoria Askin

Phone: 03 423 0514 or 022 126 7885

Email: chaplains@lincoln.ac.nz

Location: Hudson, ground floor, rm 002

Lincoln University Masala and prayer room | FREE

See Muslim Association, contact via LUSA Clubs Directory

Lincoln University Christian Fellowship FREE

The Christian Fellowship (CF) is a community you are welcome to be part of. We enjoy hanging out together and finding out more about who Jesus is and what the Good News in the Bible means for our lives. Whether you are Christian or not you are very welcome to come be part of our community.

Contact: Marion Dumaine (CF Leader, ph: 0273426747)

Email: lincoln.christianfellowship@gmail.com

Location/meeting time: Wednesday 1pm in Te Whare for a free lunch, bible message and fun together

Facebook: Lincoln Uni Christian Fellowship

Pastoral Care and Advice to Māori Students | FREE

Providing advice and support to Māori students.

Contact: Dani Panirau **Phone:** 021 141 2361 or +64 3 423 0192

Email: Dani.Panirau@lincoln.ac.nz

Pastoral Care and Advice to Pasifika Students | FREE

Providing advice and support to Pacific Island Countries students.

Contact: Rebekah Immanuel **Phone:** +64 3 423 0192

Email: ompd@lincoln.ac.nz

SPACE | FREE

For LGBTQIA* students to socialise, meet like-minded students and get advice/support.

Email: SPACE@lusa.org.nz



TE Whare Tapa Whā and Wellbeing / Heath Navigator NZ.



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SOCIAL WELLBEING

Lincoln University Student Association (LUSA) | FREE

Find out about clubs to join, events at LU, help or advice, and more.

Location: ground floor of Forbes

When: Weekdays 9.00am–3.00pm (Unless by appointment)

Phone: 03 423 0578 **Email:** info@lusa.org.nz

Facebook: @studentsatlincoln

Instagram & Snapchat: lusa.nz
#lusanz #ourlincoln #iheartlu #lincolnuniversitynz

Te Awhioraki: Māori Students' Association | FREE

Te Awhioraki represents all Māori students on campus; providing social, cultural and academic support. It also organises social events, wananga, and workshops to support and enhance Māori identity on campus.

Te Awhioraki provides a strong voice for Māori issues.

Email: teawhioraki@lincolnuni.ac.nz

The LU Pacific Islands Students' Association (LUPISA)

LUPISA provides social, cultural and academic assistance and organises social events and workshops to support the Pasifika identity on campus.

See www.lusa.org.nz/lupisa for club details.

PHYSICAL WELLBEING

Whare Hākinakina - LU Gym |

(membership in student services fee)

Recreational activities including student training and fitness, group exercise, cardio and weights, outdoor activities, competitive and social sport.

Phone: +64 3 423 0550 **Email:** recsuper@lincoln.ac.nz

Location: Calder drive

Student Health & Support | \$

Doctors, nurses, counsellors, clinical psychologist and dietician. All providing confidential medical care to all Lincoln University students.

Phone: +64 3 325 3835 **Location:** Hudson, ground floor

Lincoln University Food Bank | FREE

Sometimes life throws you off and you can't afford food. LU Chaplains, Student Health, and the Wellbeing and International Support team have joined forces to help you out.

If you're in need, please register by emailing:

Contact: chaplains@lincoln.ac.nz

or wellbeingassistant@lincoln.ac.nz

GENERAL GOOD TO KNOW

Student Administration and Student Finance | FREE

Scholarships, tuition fees, course advice, visas, enrolment, exchanges.

Location: Forbes, Ground floor **Email:** enrol@lincoln.ac.nz

International Student Advisors—FREE

Denise Hannam and Denise Pelvin are our two international advisors who provide support and advice for international students.

Email: internationaladvisors@lincoln.ac.nz

LUSA Student Advice and Support—FREE

We all need someone who can support us. Our advocacy service is informal, professional and confidential; 100% independent from the University, which means the advice we provide you will always be in your best interest.

Student Advocacy & Voice Co-ordinator: Kate Lindsay

Phone: +64 3 423 0582 **Email:** students@lusa.org.nz

Financial Assistance Fund

LUSA and LU provide an emergency Hardship Fund to assist students who are struggling financially due to unforeseen and unexpected circumstances. You can visit LUSA to have a chat about it, or email.

Email: SAS@LUSA.org.nz

EMERGENCIES

Call 111 for fire, ambulance, or police or go to your nearest hospital emergency department

Campus Security 24 hours | 0800 545 388 or 027 483 3013

SAFELU app, download from your app store, and put notifications on

Mental Health Crisis Team | FREE Christchurch: 0800 920 092

Need to talk? | FREE call or text 1737 anytime support trained counsellor.

Lifeline | FREE 0800 543 354 or free text 4357 (HELP)

Youth helpline, counselling, support and youth development services.

Youthline | FREE: 0800 376 633 TEXT (free): 234

Speak to a counsellor 24/7

Safe to Talk | FREE: 0800 044 334 sexual harm helpline

FIVE WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation
mauri tū, mauri ora
www.mentalhealth.org.nz