

# Managing when you need help



**LINCOLN**  
UNIVERSITY  
TE WHARE WĀNAKA O AORAKI

COVID-19 has caused many of us to face challenges we never predicted. Sometimes these challenges can be dealt with in our own ways, other times we need help. Remember, it is okay to ask for help. We are one big whānau at Lincoln University and are here to support you.



**Here are some support resources that are available when you need help.**

## Emergencies

If you or someone else is at serious risk of harm

Call **Emergency Services** P: 111

## Campus Security

P: 0800 545 388

## National and community contacts

### For mental health concerns 24/7

Free call or text 1737  
1737.org.nz

## Healthline

P: 0800 358 5453

## Diversity Counselling NZ

E: contact@dcnz.net

## Women's Centre free counselling

E: support@womenscentre.co.nz

## Rainbow free helpline

6-9pm  
P: 0800 688 5463

## Financial Support

### Financial Assistance Fund

E: students@lusa.org.nz  
www.lusa.org.nz/covid-19

### Studylink loans and allowances

www.studylink.govt.nz/

## Foodbank

### Wellbeing Advisors

E: wellbeing.support@lincoln.ac.nz

### Chaplains

E: chaplains@lincoln.ac.nz

## LU student health and support contacts

### Health, wellbeing and pastoral support

#### Student Health

P: 03 325 3835

#### Wellbeing Advisors

E: wellbeing.support@lincoln.ac.nz

#### International Student Advisors

E: internationaladvisors@lincoln.ac.nz

#### Te Manutaki, Māori and Pasifika Support

E: ompd@lincoln.ac.nz

#### LUSA Student Advocacy

E: students@lusa.org.nz

#### More contact information

www.lincoln.ac.nz/support

## Learning and technology support

### Library resources and learning support

ltl.lincoln.ac.nz

### Inclusive Education

E: inclusive@lincoln.ac.nz

### Technology support

Log a support request with IT here:

www.lu.ac.nz/ithelp

For urgent assistance, contact IT Help

P: 03 423 0100.

## Faculty and staff

### Employment Assistance Programme

P: 0800 327 669

## LU Covid-19 updates:

www.lincoln.ac.nz/covid-19

### COVID-19 Special Considerations application form

www.lusa.org.nz/covid-19

### SAFELU App

Download SAFELU for easy access to support contacts



## Useful external resources:

### Unite Against COVID-19

covid19.govt.nz

### Ministry of Health

www.health.govt.nz

### Immigration NZ

www.immigration.govt.nz

### Embassies in NZ

www.mfat.govt.nz/embassies

### Citizens Advice Bureau

www.cab.org.nz

### NauMai NZ for international students

naumai.nz

### NZ Foodbanks

www.foodbank.co.nz

### RedCross

www.redcross.org.nz

### Staying on Track online course

www.justathought.co.nz/covid19

### Tamariki home learning and wellbeing

sparklers.org.nz

### Daily mindfulness exercises

www.smilingmind.com.au