



## LU Student Wellbeing

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](mailto:caitriona.cameron@lincoln.ac.nz)), Craig Nicholson ([craig.nicholson@lincoln.ac.nz](mailto:craig.nicholson@lincoln.ac.nz))

**Information skills:** Hadrian Taylor ([hadrian.taylor@lincoln.ac.nz](mailto:hadrian.taylor@lincoln.ac.nz))

**Maths and Stats:** Dean O'Connell ([dean.oconnell@lincoln.ac.nz](mailto: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](mailto:craig.nicholson@lincoln.ac.nz)

#### Career Centre | FREE

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

**Contact:** Julia Mallett and Michelle Ash.

**Email:** [lucareercentre@lincoln.ac.nz](mailto:lucareercentre@lincoln.ac.nz)

#### Inclusive Education | FREE

If you have an illness, injury or disability whether long term or temporary, contact the Inclusive Education team.

**Contact:** Rosemarie Richardson or Jo Wager.

**Phone:** +64 3 423 0089 **Email:** [inclusive@lincoln.ac.nz](mailto:inclusive@lincoln.ac.nz)

**Location:** Ground floor Hudson Hall, Room 005

## MENTAL & EMOTIONAL WELLBEING

### Student Health & Support; Counselling FREE | \$

Brief intervention mental health support and counselling to LU students.

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

Or use 021 090 20234 if landline not working

### Wellbeing Support

Counsellors, exercise and health advisors available for advice, counselling, help with problem solving, exercise is medicine, aegrotats and general wellbeing support.

**Phone:** 021 589 475 **Email:** [wellbeing.support@lincoln.ac.nz](mailto:wellbeing.support@lincoln.ac.nz)

**Location:** Hudson level 2

### 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.

*Me mahi tahi tātou,  
Mo te oranga o te katoa*

**We work together for the wellbeing of everyone**

## 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](mailto: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](mailto: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 International Students | FREE

Dee Hannam (under graduate) and Denise Pelvin (post graduate) are our two international student advisors who provide support and advice for international students.

**Email:** [internationaladvisors@lincoln.ac.nz](mailto:internationaladvisors@lincoln.ac.nz)

**Dee Hannam on 021 2465233 and Denise Pelvin on 027 6699248**

### Pastoral Care and Advice to Māori Students | FREE

Providing advice and support to Māori students.

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

**Email:** [Dani.Taunoa@lincoln.ac.nz](mailto:Dani.Taunoa@lincoln.ac.nz)

### Kairuruku Pasifika- Pasifika Student Coordinator | FREE

Providing advice and support to Pacific Island Countries students.

**Contact:** Jamie Dunn **Phone:** +64 3 423 0596

**Email:** [Jamie.Dunn@lincoln.ac.nz](mailto:Jamie.Dunn@lincoln.ac.nz)

### Kaitiaki Hauora | Māori

**Contact:** Kihere Jahnke-Waitoa **Phone:** 021 191 7691

**Email:** [Kihere.Jahnke-Waitoa@lincoln.ac.nz](mailto:Kihere.Jahnke-Waitoa@lincoln.ac.nz)

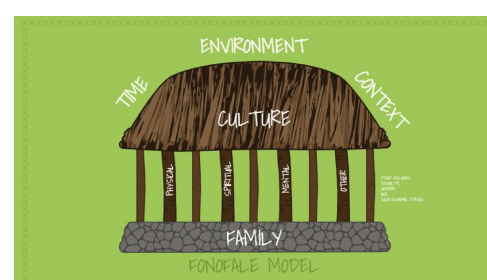
### SPACE | FREE

For LGBTQIA\* students to socialise, meet like-minded students.

**Email:** [SPACE@lusa.org.nz](mailto:SPACE@lusa.org.nz)

[www.researchgate.net/figure/The-Fonofale-Model-originally-created-by-Ref-34-This-depiction-created-by-Michael\\_fig1\\_35520935](http://www.researchgate.net/figure/The-Fonofale-Model-originally-created-by-Ref-34-This-depiction-created-by-Michael_fig1_35520935)

TE Whare Tapa Whā and Wellbeing / health NavigatorNZ.





## LU Student Wellbeing Guide

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

### 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](http://www.lusa.org.nz/lupisa) for club details.

### PHYSICAL WELLBEING

#### Whare Hākinakina - LU Gym | your gym membership is included in your Student Service fee

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

Both social and competitive sports available.

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

**Location:** Gate 2, Calder Drive.

[www.lincoln.ac.nz/lugym](http://www.lincoln.ac.nz/lugym)

#### 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

Created for students, by students — December 2019, updated 30th June 2022

## GENERAL GOOD TO KNOW

### Student Administration and Student Finance | FREE

We manage admission, scholarships, Practical Work, exams processes, graduation and academic records. We also provide enrolment assistance.

**Location:** Ground floor Hudson building

### International Student Advisors | FREE

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

**Email:** internationaladvisors@lincoln.ac.nz

**Dee Hannam on 021 2465233 and Denise Pelvin on 027 6699248**

### 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 provide emergency assistance to students who are struggling financially due to unforeseen and unexpected circumstances. You can visit LUSA to have a chat about it, or email.

**Email:** students@lusa.org.nz or check out

<https://www.lusa.org.nz/hardship-fund>

## EMERGENCIES

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

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

**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.

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

Speak to a counsellor 24/7

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

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO)

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

Youth helpline, counselling, support and youth development services.



Contact: wellbeingevents@lincoln.ac.nz