

WELLBEING AND SUPPORT SERVICES

At our Kirikiriroa - Hamilton Campus, Free for ALL students

Mental Health & Wellbeing team

In-person, phone and video appointments available

Nurses, Mental Health & Wellbeing - Support for new or existing mental health challenges including; anxiety, depression, changes in mood and thoughts, eating, alcohol or drugs, self-harm or suicidal thoughts

Counselling - Short term counselling for any issues impacting studies and wellbeing including: stress, overwhelm, relationships, significant life events or loss/change

Social Worker - Social support for those with mental health or violence-related challenge - speak to clinician for referral

AOD clinician - Specialised drug and alcohol support - speak to a clinician for referral

Can't wait for a routine appointment? Let admin know. We have limited same-day counselling appointments and nurses who can assess your concern and arrange a same-day or routine appointment, or provide advice

Health Improvement Practitioner

Works alongside our wider team to support people living with mild to moderate mental health and wellbeing challenges via a kaupapa Māori approach. In partnership with Te Kōhao Health

Violence Prevention

Primary prevention of interpersonal violence at the University of Waikato. To learn more and engage in workshops and initiatives visit [waikato.ac.nz/students/health/violence-prevention](https://www.waikato.ac.nz/students/health/violence-prevention) or @wviolenceprevention on Instagram

Health Promotions Coordinator

Support for Māori, Pasifika and LGBTQIA+ and Takatāpui students and staff
tawhanga.nopera@waikato.ac.nz

Chaplains and Chapel

Ecumenical and Catholic chaplains onsite and a space to pray, meditate and meet. All faiths are welcome
chaplain@waikato.ac.nz 07 858 5654

Accessibility Services

Support for students with impairments and learning challenges that may impact their studies
accessibilityservices@waikato.ac.nz
07 838 4711 - Located Level 1 Student Centre

STUDENT HEALTH SERVICE
HAUORA ĀKONGA



THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato

GENERAL PRACTICE SERVICES KIRIKIROA - HAMILTON

(Fees apply - Enrol for reduced cost)

Nurse Appointments

**Most services free for enrolled students*

Health advice, sexual health checks, vaccines, injections, wart treatment, accidents

Nurse Prescriber Appointments

Prescriptions for common conditions including contraception, antibiotics, hayfever and asthma

General Practitioner (GP) or Nurse Practitioner (NP) appointments

Our GP/NP team provide the same services as any family doctor/medical centre

FAST STI check

Free self testing for chlamydia and gonorrhoea

Ask at reception for a FAST check

Can't wait for a routine appointment?

Ask to speak to a nurse who will assess your concern over the phone and arrange a same day or routine appointment or provide advice

For more information
scan the QR code or
visit waikato.ac.nz



Online Patient Portal

- Book appointments
- Request prescriptions
- Check test results
- Email nurses and doctors

In-person, phone, and video appointments available

For appointments phone **0800 WAIKATO**
option 3 or **07 838 4037**

Located between Gate 1 carpark and UniRec

Open hours **9am – 4.30pm** (Mon, Tue, Thu, &
Fri) and **9.30am – 4.30pm** (Wed)

After hours go to Anglesea Clinic, cnr Anglesea &
Thackeray St, Hamilton

24/7 health advice: Healthline **0800 611 116**

Need to talk? 24/7 **free call or text 1737**

Sexual harm helpline, Safe To Talk
0800 044 334

Family violence helpline, Shine **0508 744 633**

Waikato mental health crisis team
0800 50 50 50

Same-day after-hours virtual GP consultations
Practice Plus **practiceplus.nz**

In an emergency phone **111**

The University of Waikato
Private Bag 3105
Hamilton 3240
New Zealand

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0800 924 528
info@waikato.ac.nz
waikato.ac.nz