

Local Resource Sheet for “Mental Health and Well-being” Survey

We understand that this survey asks questions about topics that may be difficult to think about. While those who developed the survey did not find that participants were at any greater risk after having completed the survey we think it is sensible to remind you that there are a number of services that you can access for support if necessary.



University of Waikato Student Health and Counselling Services

The Student Health Service is a purpose-built facility which is able to provide full medical and counselling services. They provide a General Practice service for students and an Emergency Medical Service for all people including staff and visitors on campus. They also have three trained and experienced counsellors on staff.

Phone: 07 838 4037

Email: medcent@waikato.ac.nz

<http://www.waikato.ac.nz/sasd/health/health.shtml>

The service is open Monday 9am - 5pm and Tuesday to Friday from 8.30am to 5pm throughout the year apart from public or University holidays. Appointments can be made at the reception desk or by phoning 07-838-4037.

Health Waikato - Crisis Assessment and Treatment Service (CAT)

The CAT team provide 24 hour, 7 days a week assessment and short-term treatment services for people experiencing a serious mental health crisis and for whom there are urgent safety issues.

193 London St, Hamilton Central, Hamilton

Phone: 0800 50 50 50

Emergency Department at Waikato Hospital

The Emergency Department is the “front door” of Waikato Hospital where urgent cases can come either by ambulance or present themselves for assessment and treatment. Priority is given to those who have a serious problem. The Emergency Department is open 24 hours a day, 7 days a week. Patients are prioritised according to their condition, not in the order of arrival.

Acute Services Building, Gate 2, Waiora Waikato Hospital Campus, Pembroke Street, Hamilton.

Lifeline Aotearoa

New Zealand’s telephone counselling service provides 24 hours a day, 7 days a week counselling and support.

Lifeline 24/7: 0800 543 354

TAUTOKO Suicide Crisis Line 0508 828 865

www.lifeline.org.nz