



HEALTH AND COUNSELLING SERVICES IN NZ

AUT

International students studying in New Zealand have access to a range of AUT's health and wellbeing services including doctors, nurses, counsellors, mental health advisors and COVID-19 vaccinations. Many of these services are free, and where a charge is due your insurance will likely cover it.

Your health, safety, and wellbeing are important to us, and we know that being away from home and family can be hard. We are here to help you so please reach out for any of our services, or just to talk and let us know how you are.

STUDENT MEDICAL CENTRES

International students in New Zealand can access our medical centres. Our centres have doctors and nurses to support your general healthcare, mental health, vaccinations, sexual screening and contraception. If you have AUT Studentsafe university insurance or Unicare insurance and your medical condition is covered by your policy, we will bill your insurer directly for your consultation.

➤ **Find out more**

COUNSELLING SERVICES

AUT offers free counselling services and mental health support to international students based in New Zealand. Sessions are confidential and delivered by professional counsellors. You can make an appointment with an AUT counsellor, text 1737 for free any time of the day or night to talk to a trained external counsellor. You can also reach out to Puāwaitangi to access phone counselling in 12 different languages between 9am and 9pm, 7 days a week.

- **Book an AUT counsellor**
- **Phone Puāwaitangi 0800 782 999**
- **Text 1737**

COVID-19 SYMPTOMS AND TESTING

If you become aware of COVID-19 symptoms, the best thing you can do is contact Healthline who will provide free advice for your medical concerns. We're all in this together, if you need to get tested and isolate reach out to AUT – we're here to support you.

- **Contact Healthline**
- **AUT Student Covid-19 support form**

COVID-19 VACCINATIONS

As an international student in New Zealand, you are eligible to be vaccinated for COVID-19, free of charge, as part of New Zealand's national vaccine programme. Everyone in New Zealand aged 12 and over is now eligible to book their vaccine.

- **Book your vaccine**

TRUSTED SOURCES FOR COVID-19 INFORMATION

There is a lot of misinformation about COVID-19 online. Stay connected to AUT and trusted sources like the **Official COVID-19 website**, or the **Ministry of Health website**. Information and advice in different languages is also available **here**.

Remember to keep a track of where you have been and who you were with by using the NZCOVID tracer app when you are out, and the AUT app to scan QR codes when you are on campus.