

# Quick Reference Contact Details



## Unitec Services

Campus Security	0800 10 95 90 <a href="mailto:security@unitec.ac.nz">security@unitec.ac.nz</a>
Emergency Services	<b>111</b>
Health and Safety	<a href="mailto:safety@unitec.ac.nz">safety@unitec.ac.nz</a>
International Services	09 892 7402 <a href="mailto:international@unitec.ac.nz">international@unitec.ac.nz</a> <b>Emergency 24/7 Helpline</b> 021 829 510
IMS	0800 27 54 67 (0800 ASK IMS) <a href="mailto:imssupport@unitec.ac.nz">imssupport@unitec.ac.nz</a>
Student Central <i>Te Pae Kōrero</i>	0800 10 95 10 <a href="mailto:study@unitec.ac.nz">study@unitec.ac.nz</a>

## Student Services

Access4Success Disability Services	0800 10 75 10 or 09 815 4321 ext 7871 <a href="mailto:disabilitysupport@unitec.ac.nz">disabilitysupport@unitec.ac.nz</a>
Ask Me Help Desk	0800 10 75 10 <a href="mailto:askme@unitec.ac.nz">askme@unitec.ac.nz</a>
Career Development Service	0800 10 75 10 <a href="mailto:career@unitec.ac.nz">career@unitec.ac.nz</a>
Library Services	0800 10 75 10 <a href="mailto:library@unitec.ac.nz">library@unitec.ac.nz</a>
Multifaith Chaplaincy	0800 10 75 10 or 021 733 954 <a href="mailto:chaplains@unitec.ac.nz">chaplains@unitec.ac.nz</a>
Scholarships	0800 10 75 10 <a href="mailto:scholarships@unitec.ac.nz">scholarships@unitec.ac.nz</a>
Student Clubs and Sports	<a href="mailto:clubsandsport@unitec.ac.nz">clubsandsport@unitec.ac.nz</a>
Student Events and Communications	<a href="mailto:unitecstudents@unitec.ac.nz">unitecstudents@unitec.ac.nz</a>
Student Academic Development Service	0800 10 75 10
Student Support Advisors	0800 10 75 10 <a href="mailto:studentsupport@unitec.ac.nz">studentsupport@unitec.ac.nz</a>

## Internal Support Services

Advocacy Service	0800 10 75 10 <a href="mailto:studentsupport@unitec.ac.nz">studentsupport@unitec.ac.nz</a>
ALLY Network	<a href="mailto:ally@unitec.ac.nz">ally@unitec.ac.nz</a>
Counselling - Te Puna Waiora	0800 10 85 10 <a href="mailto:counselling@unitec.ac.nz">counselling@unitec.ac.nz</a>
Equity and Inclusion	<a href="mailto:learnanddevelop@unitec.ac.nz">learnanddevelop@unitec.ac.nz</a>
Medical Centre - Te Puna Waiora	0800 10 85 10 <a href="mailto:studentwellbeing@unitec.ac.nz">studentwellbeing@unitec.ac.nz</a>
Unitec Student Council <i>Te Kaunihera Akonga o Wairaka</i>	021 563 782 <a href="mailto:studentpresident@unitec.ac.nz">studentpresident@unitec.ac.nz</a>

## External Support Services

Healthline	0800 61 11 16
Lifeline 24/7 Support	0800 54 33 54 (0800 LIFELINE)
Mental Health and Crisis Team	0800 80 07 17
Need to Talk	1737 Free Call or Text
Youthline	0800 37 66 33

## Websites to Bookmark

Anxiety Online	<a href="http://www.anxiety.org.nz">www.anxiety.org.nz</a>
Depression Help & Resources	<a href="http://www.depression.org.nz">www.depression.org.nz</a>
Drug and Alcohol Counselling	<a href="http://www.alcoholdrughelp.org.nz">www.alcoholdrughelp.org.nz</a>
Lifeline	<a href="http://www.lifeline.org.nz">www.lifeline.org.nz</a>
Local Events Guide	<a href="http://www.heartofthecity.co.nz">www.heartofthecity.co.nz</a>
Ministry of Health	<a href="http://www.health.govt.nz/your-health/healthy-living">www.health.govt.nz/your-health/healthy-living</a>
NZ Civil Defence	<a href="http://www.civildefence.govt.nz">www.civildefence.govt.nz</a>
Relationship Support	<a href="http://www.relationships.org.nz">www.relationships.org.nz</a>