



## Bulletin – Tertiary Students

11<sup>th</sup> July, 2020

### More tertiary students to get access to free mental health services

The Government has announced a \$25 million package to expand mental health and wellbeing services for all domestic tertiary students studying at tertiary education institutions (TEI's).

We recognise that tertiary students are facing challenges with disruption to their original plans, economic impacts and uncertainty about employment opportunities as a result of COVID-19. This package will help meet the immediate and ongoing mental health needs arising from these challenges.

#### **What will this package do?**

The Government wants to accelerate the roll-out of mental wellbeing services to all domestic tertiary students. These services will be embedded within TEI's, with management and peer support and links to social and wellbeing supports. It will also help ensure providers can assist students to manage their mental and physical health, as set out in the Interim Code of Pastoral Care.

#### **How will this initiative be implemented?**

The Ministry of Education will work closely with the Ministry of Health to facilitate the accelerated roll out to tertiary providers of youth specific services of the Ministry of Health's mental health, wellbeing and addiction initiatives.

The roll-out of services will likely give priority to students who currently have limited access or options for mental wellbeing services or where there is indication of higher levels of need.

#### **When will these mental wellbeing services be available?**

The expansion of these services will start next year and continue over the following four years and it is expected that students will notice an expansion in services and increased choices from 2021. In the meantime, students can talk to their education provider about the well-being services already available to them.



## Who will be able to access these services?

The initiative will focus on supporting domestic tertiary students with mild to moderate levels of distress through primary-level supports, which may include evidence informed therapy and treatment services, peer support, cultural support, self-management support and access to a range of social supports. The services may be offered face-to-face, by virtual/digital service or a combination of these.

## If you need help to stay in learning:



If you need financial support while you study, help is available

**Give Studylink a call 0800 88 99 00 or visit [Studylink](#)**

If you're on a main benefit or not getting any support from Studylink

**call Work and Income 0800 55 00 99 or visit [Work and Income](#)**



### **Wellbeing**

If you are worried about your well-being, you are not alone - help is available

Talk to friends and family members to help you cope.

Talk to your education provider about how to get in touch with their well-being services

Contact your GP or local community health centre

Contact [Youthline](#) 0800 376 633

Need To Talk by calling or texting 1737

[The Lowdown](#) Free text number 5626

Or Use some of the tools available at [Melonhealth](#) or [Allright](#) .