We have events all year long, check them out here!

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**Student Resources**

**Student Wellness Managers**
If you or a friend require support or a listening ear, Student Wellness Managers are here to chat.
- OSAcares@nus.edu.sg
- www.nus.edu.sg/osa/student-services/sw
- PitStop@Science
- Frontier Canteen Level 2
  Opening Hours: Mon to Fri,
  1.00pm - 5.00pm

**Student Support Managers (SSM)**
Have academic and wellness questions? SSMs in your faculty can support, guide, and connect you to available resources.
- Email list here: www.nus.edu/supportresources

**Hostel**
Reach out to your Master or Resident Fellow for support.

**NUS Care Unit**
For sexual misconduct of any kind, e.g. sexual harassment, stalking, voyeurism, dating violence & sexual assault.
- Mon–Fri, 9.00am – 5.00pm:
  6601 4000
- ncu_help@nus.edu.sg
  *If in immediate danger, please call 999.

**University Counselling Services (UCS)**
Free counselling for all full-time NUS students. UCS counsellors abide by a confidentiality policy.
- 6516 2376
- ucs@nus.edu.sg
- 20 Lower Kent Ridge Road, Level 2, S(119060)
  Opening Hours: Mon to Thu, 8.30am-6.00pm
  Fri, 8.30am-5.30pm

**Lifeline NUS (24 hrs)**
For life threatening psychological emergencies.
- 6516 7777

**Samaritans of Singapore (SOS)**
- 1-767 (24hrs)
- www.sos.org.sg (24hrs)

**Institute of Mental Health**
- 6389 2222 (24hrs)

**STUDENT WELLNESS**

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Accurate as of 8 August 2022
ABOUT

STUDENT WELLNESS
We are a unit of the Office of Student Affairs. You can find friendly Student Wellness Managers & Peer Student Supporters at PitStop should you require advice or a listening ear.

Peer Student Supporters
An initiative by Student Wellness. PSS are equipped with necessary skills to befriend and support peers, guiding them to appropriate help and resources. PSS also organise outreach and wellness events to promote self-care and community-care.

Personal Skills
- Clarify priorities
- Appreciate your strengths
- Practice mindfulness

Interaction
- Connect with friends & family
- Do activities together
- Share your concerns

Time Out
- Participate in CCA
- Relax with hobbies
- Take study breaks

Sleep
- Get 7-8 hours of sleep every night
- Reduce screen time before sleep

Thoughtful Eating
- Select healthier choices
- Drink 2 litres of water daily
- Minimise sugar & processed food intake

On The Move
- Exercise 30-mins a day, 5 times a week
- Go outdoors

Purpose
- Volunteer
- Do acts of kindness
- Explore faith and spirituality

I’ve learnt that listening and empathy can be powerful tools.
- Joey Chong, PSS AY21/22

Your Wellness Matter

7 PitStop Principles

WHEN

In life you will experience many challenges. Sometimes it’s a sprained ankle, other times it might be discouraging events. Wellness includes physical and mental health, both equally deserving of your care and attention.

WHAT

Feeling overwhelmed or anxious? Looking for someone to share your concerns? Seeking advice or a sounding board for your life?

HOW

You can practice the 7 Pitstop Principles, email to arrange for a chat or visit us at PitStop@Science.

Located @
- Science Frontier, #02-11
- College of Design & Engineering Block E1, #04-14
- Dentistry National University Centre for Oral Health, #09-15

Recruitment for new PSS happens every February & September. Follow us to be updated.

PitStop is a place to chill out and have fun! Equipped with resting areas, art materials and games, recharge & relax in this cozy and safe space.

@nus.pss

See flip side for resources