

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



@nusstudentaffairs



www.nus.edu.sg/osa/

Accurate as of 8 August 2022



Office of
Student Affairs

Student Resources

Student Wellness Managers

If you or a friend require support or a listening ear, Student Wellness Managers are here to chat.



OSAcare@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

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.

Lifeline NUS (24 hrs)

For life threatening psychological emergencies.



6516 7777

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

Hostel

Reach out to your Master or Resident Fellow for support.

Off-campus professional support:

- Samaritans of Singapore (SOS)



1-767 (24hrs)



www.sos.org.sg (24hrs)

- Institute of Mental Health



6389 2222 (24hrs)

- Walk in to any hospital's Accident & Emergency Department (24 hrs support)

STUDENT
WELLNESS

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.



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

Located @

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



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.

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

Peer Student Supporters



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



@nus.pss



7 PitStop Principles



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

WHY

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.

Your Wellness Matter

WHEN

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.

See flip side for resources