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

















Accurate as of 8 August 2022



### **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 Lifeline NUS (24 hrs) For life threatening psychological emergencies.



**C** 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.

#### **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.

Off-campus professional support:





1-767 (24hrs)



www.sos.org.sg (24hrs)

- Institute of **Mental Health** 



6389 2222 (24hrs)

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



## **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.



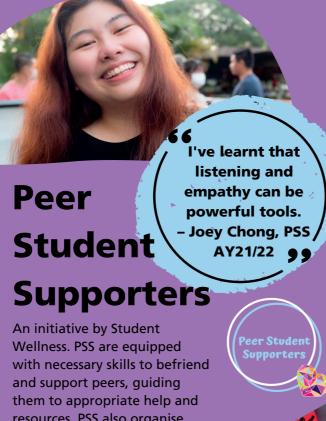
PitStop is a place to chill out and have fun! Equipped with resting areas, art materials and games, recharge & relax in this cosy and safe space.



#### Located @

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







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











#### **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

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

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

vour life?



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

See flip side for resol