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

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.

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)

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

*If in immediate danger, please call 999.
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.

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

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

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

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 your life?

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

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 at
- Science Frontier, L2
- Engineering Techno Edge, L3
- Dentistry National University Centre for Oral Health, L9

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

@nus.pss

PitStop
@Science

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See flip side for resources.