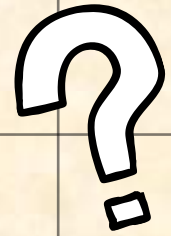
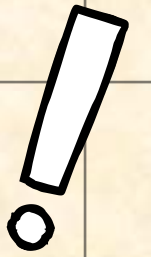
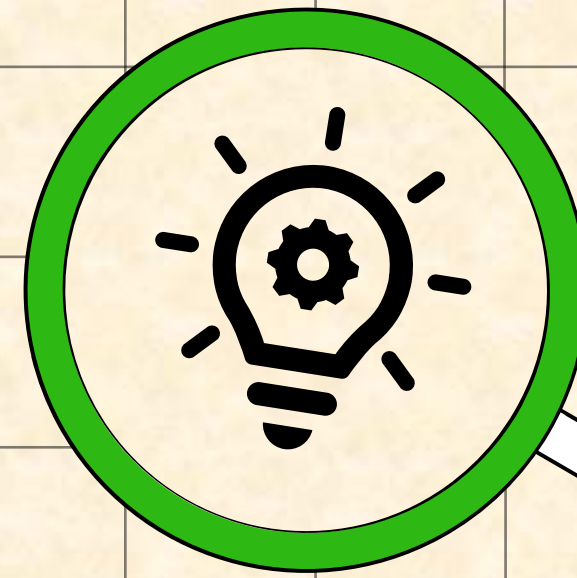
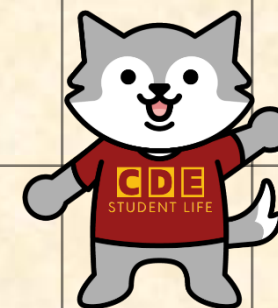
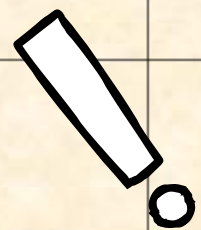
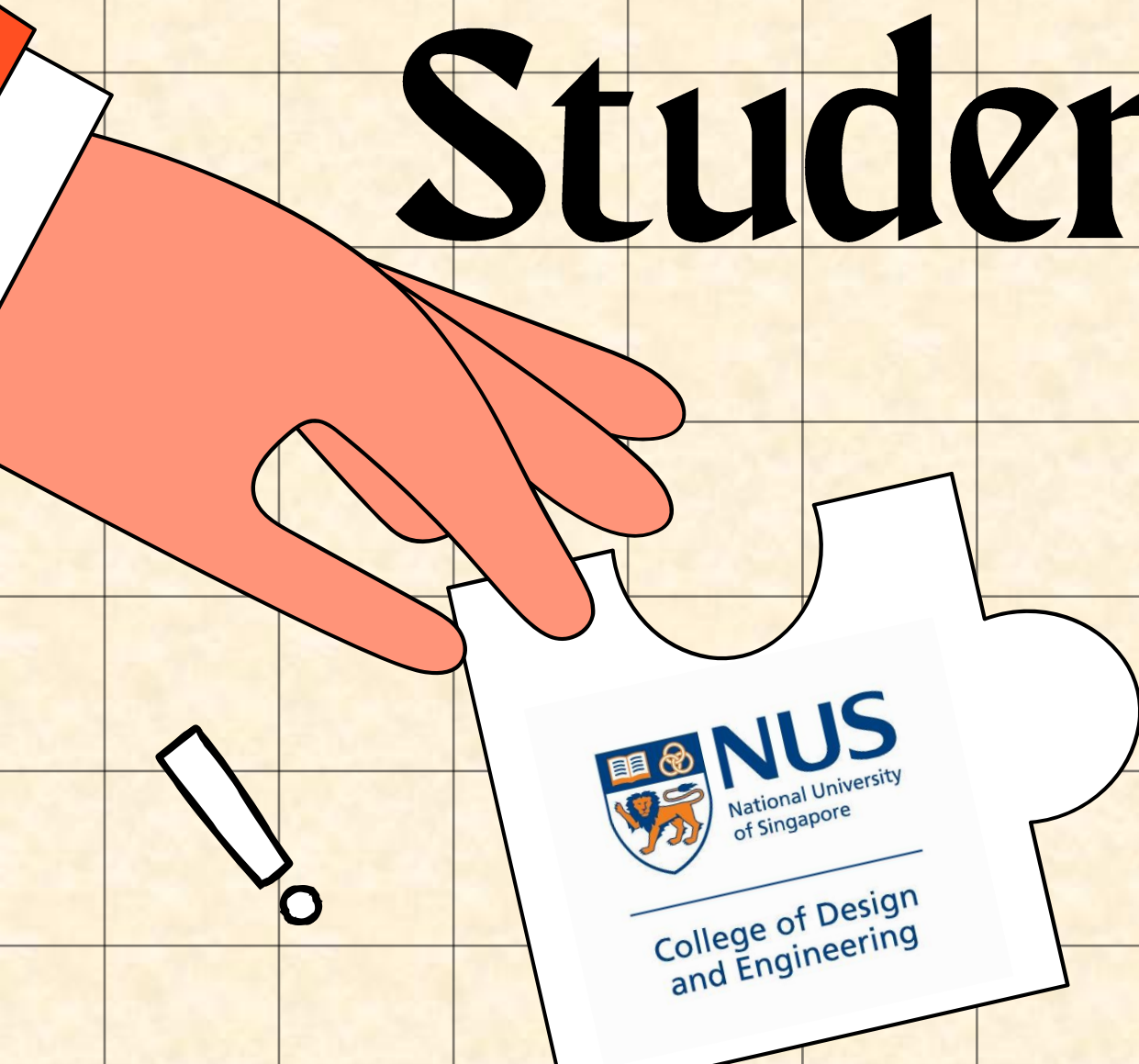


WELCOME TO CDE



Presenting

Student Support Services



By CDE Office of Student Life



OVERVIEW

01

FACILITIES

02

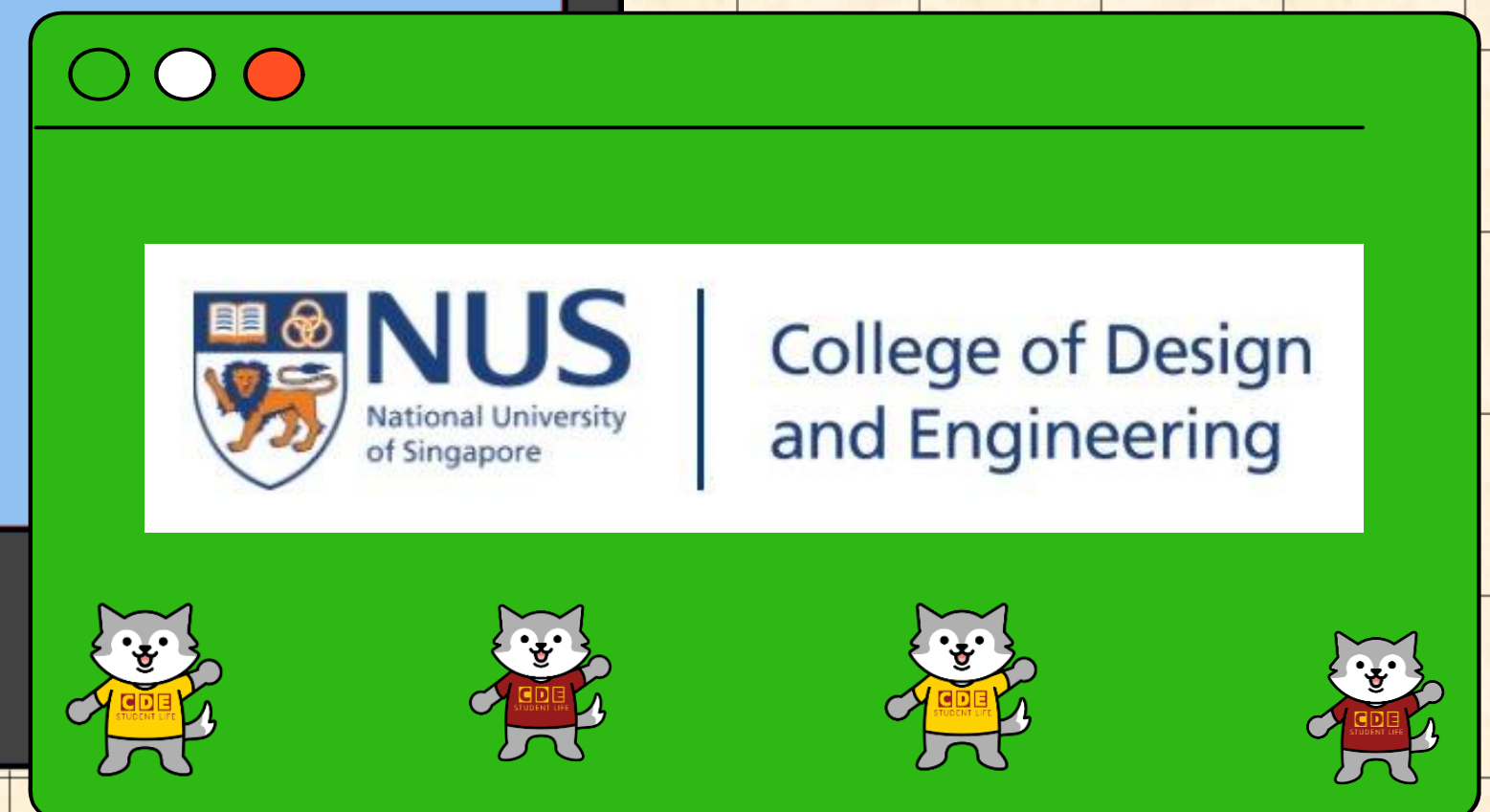
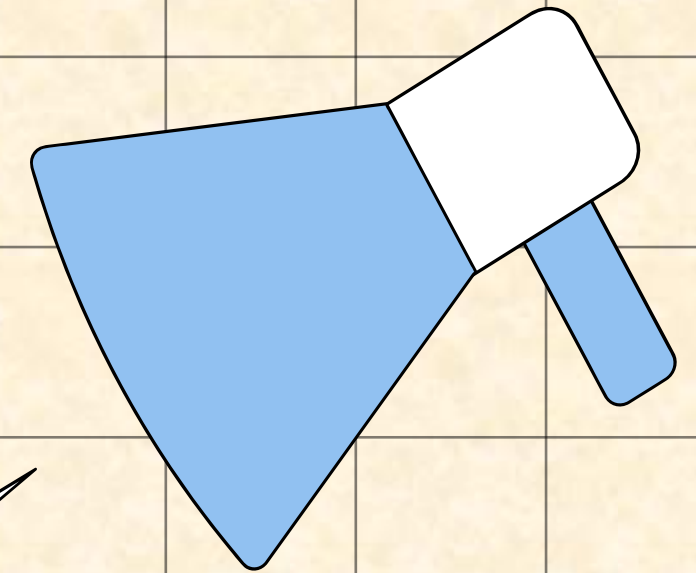
EVENTS & WORKSHOPS

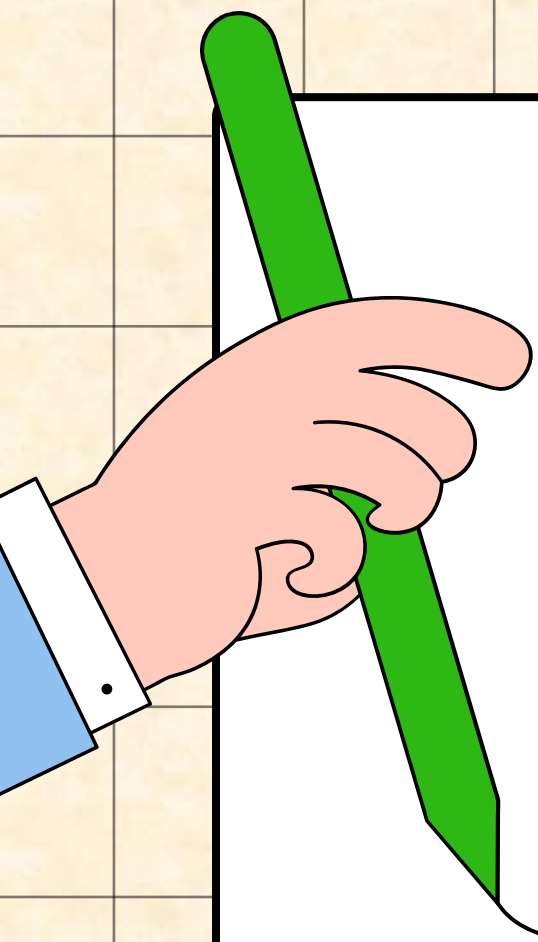
03

STUDENT-LED SUPPORT

04

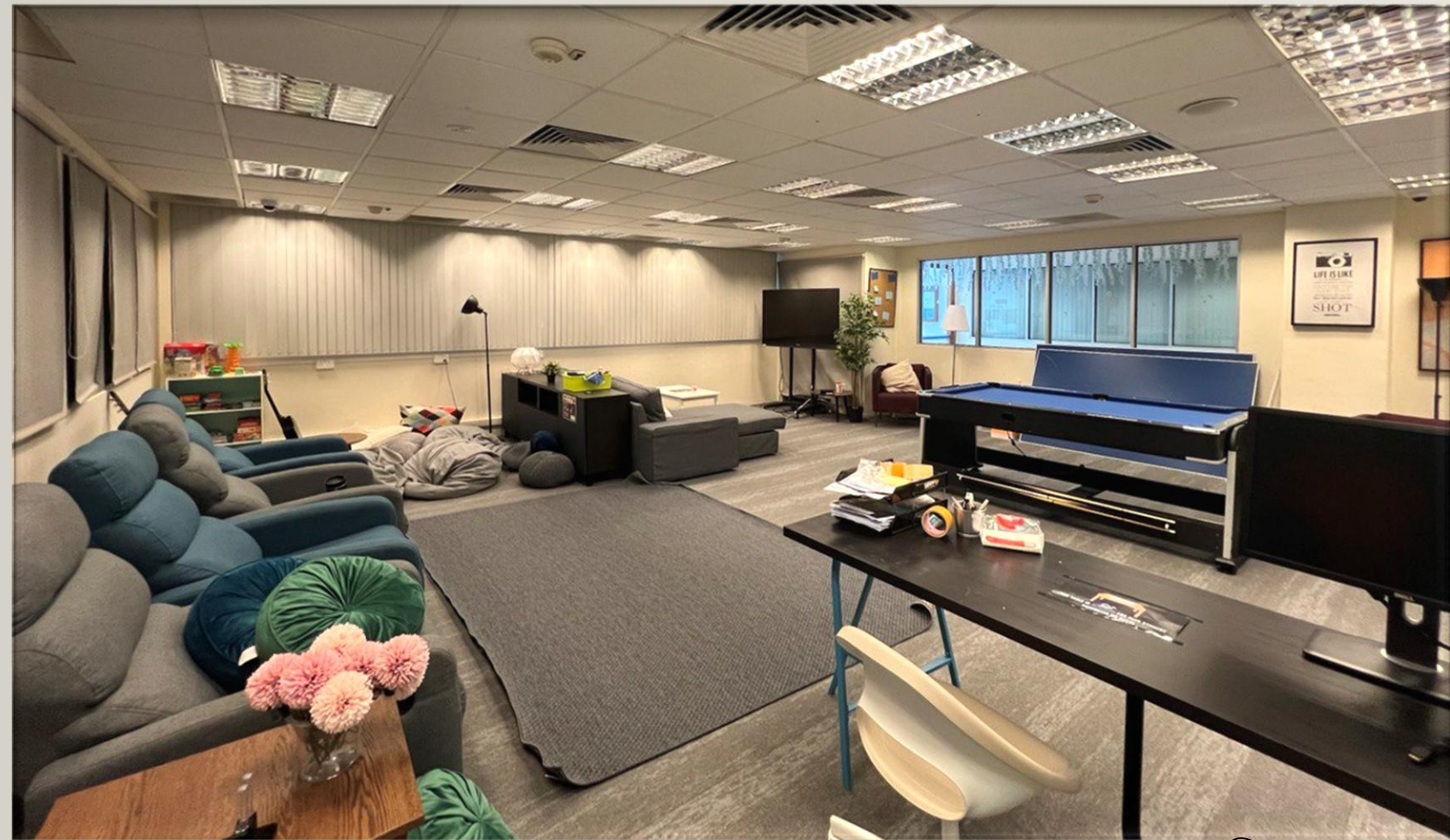
MENTAL HEALTH & OTHER
WELLBEING RESOURCES





**Places you should know
about as a CDE Student**

THE SPACE BAR | PITSTOP @ CDE

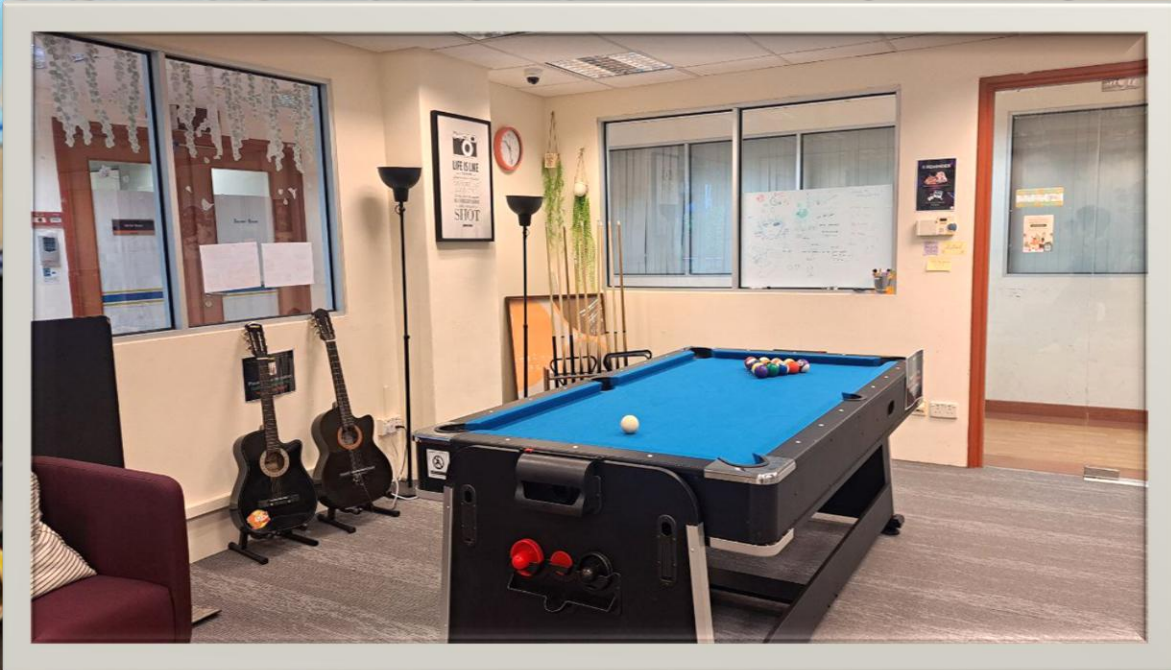


Block E1, Level 4 (E1-04-14)

The Space Bar is a place for students to:

- Relax and Recharge
- Hangout with friends
- Play games

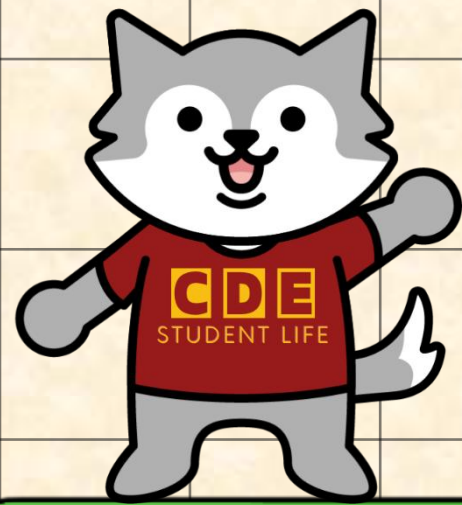
AMENITIES



DIRECTIONS

Block E1, Level 4 (E1-04-14)

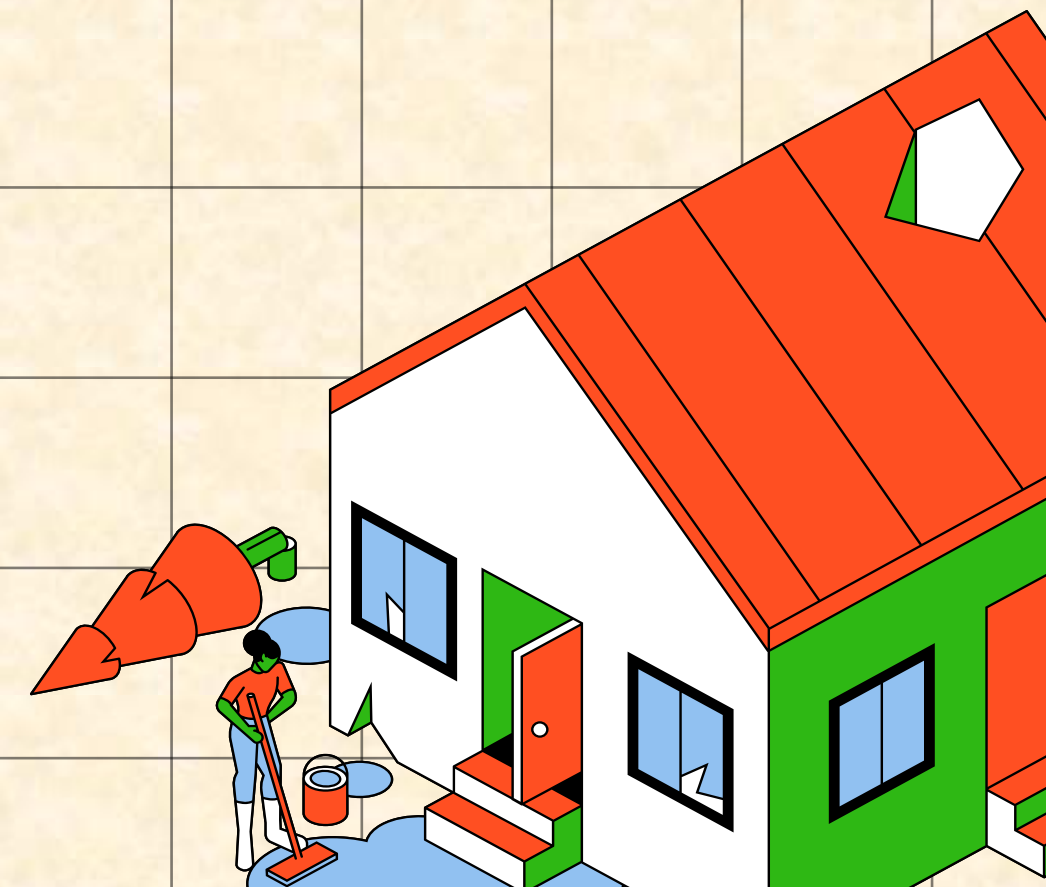




PITSTOP@CDE Access & Operating Guidelines



- All full-time CDE students can use your own Student Card for entry during our opening hours: 10.00am to 4.00pm on weekdays, excluding NUS Holidays and Public Holidays
- Full-time CDE students will be granted access to Pitstop each semester by end-August (Sem 1) and end-January (Sem 2)
- Priority will be given to students who book the Pitstop but walk-ins are welcomed. Please scan the QR code to book slots
- Visit our website here [CDE To-Gather Student Life Space - College of Design and Engineering](#) for booking instructions



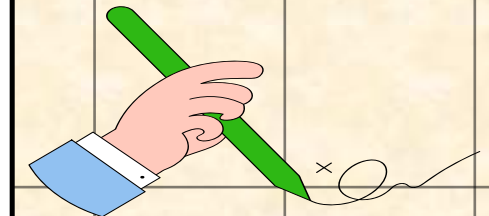
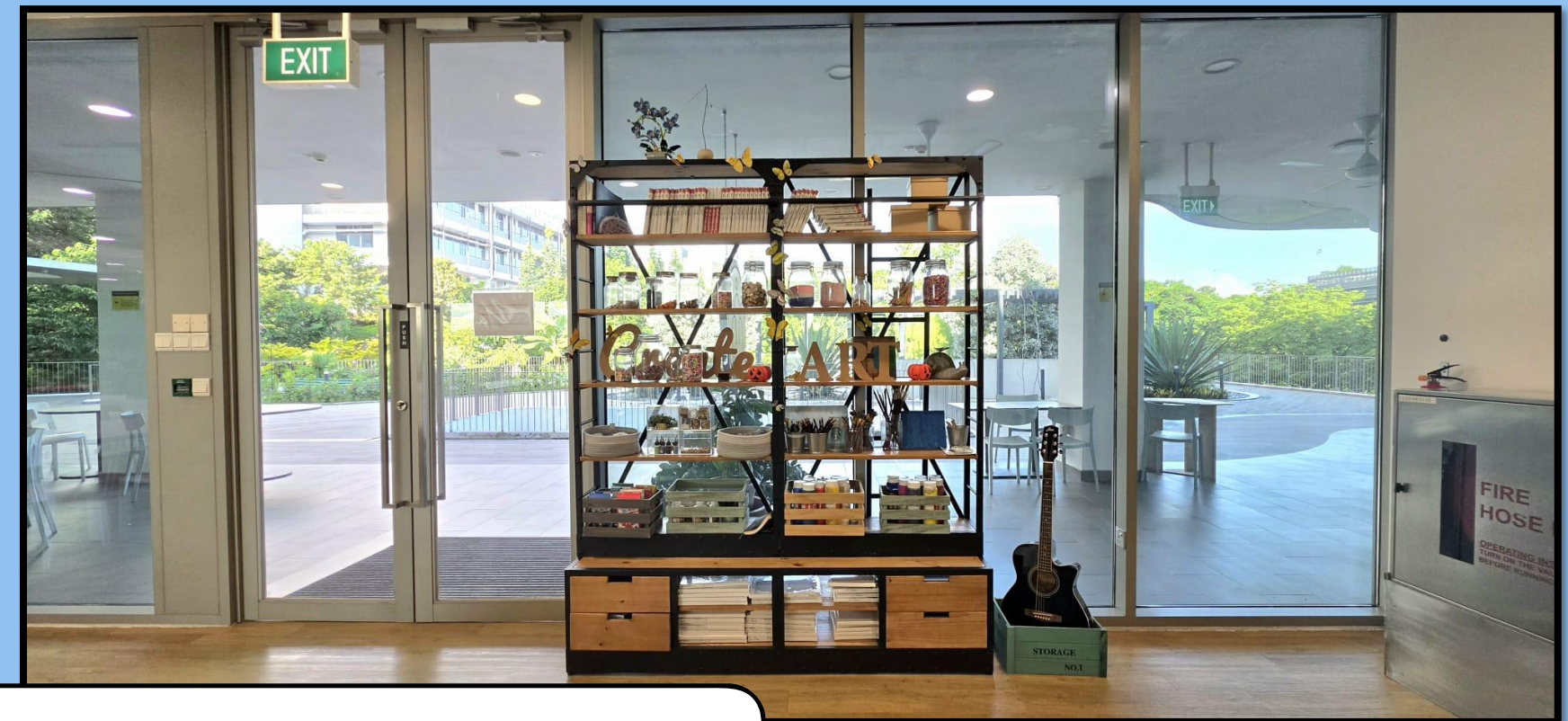
TO-GATHER SPACE | TECHNOEDGE



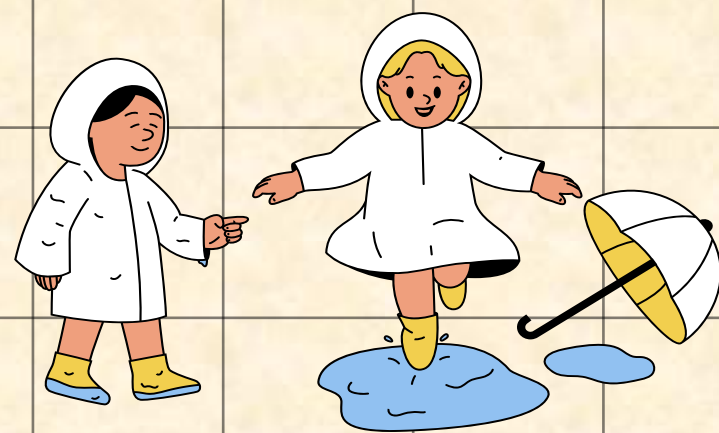
To-Gather Space is a space with:

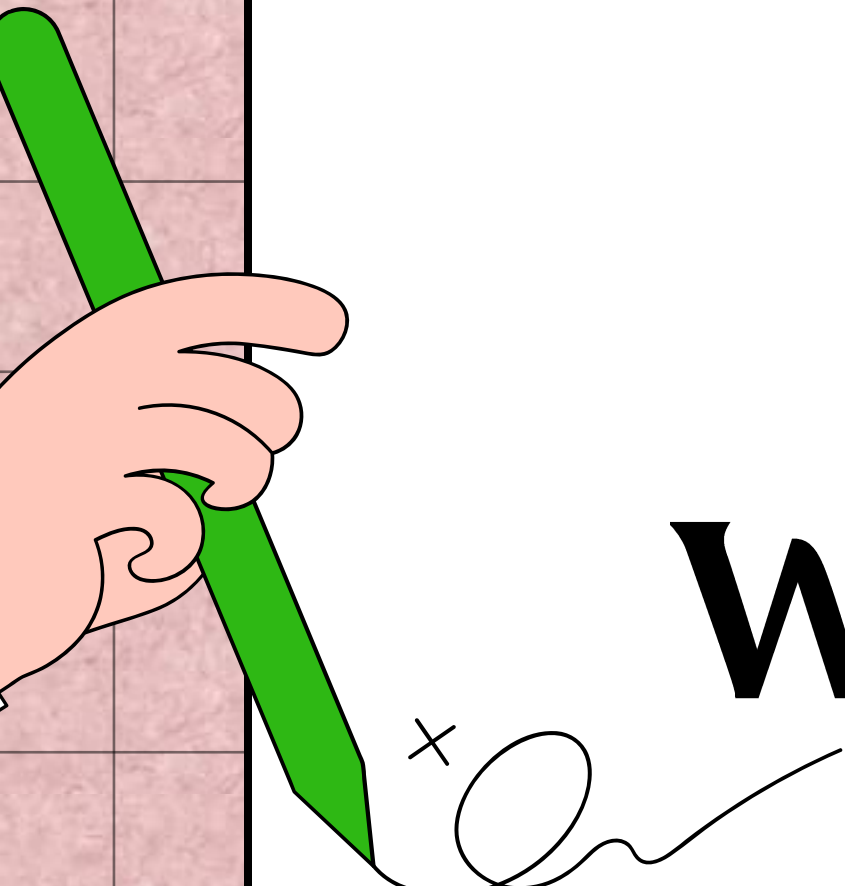
- BuZZy Kitchen
- Arts & Crafts Corner
- Rock Garden

Conveniently located where Starbucks is!

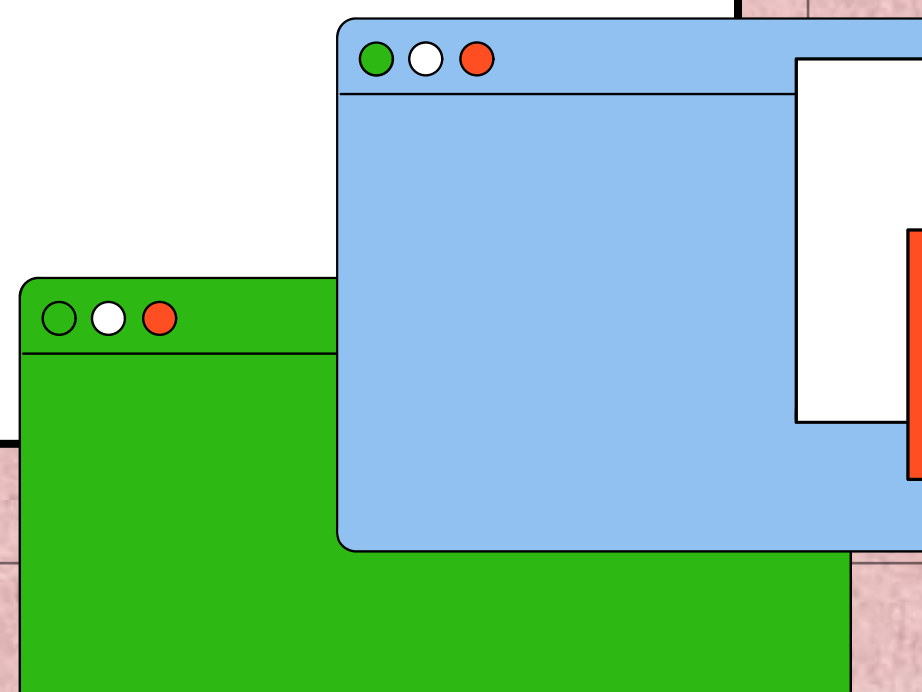


Please connect with us at
cde.student.life@nus.edu.sg
for more inquiries on booking
of the BuZZy Kitchen





WORKSHOPS & EVENTS



Interested? Stay tuned for
upcoming workshops/events!

Past Workshops/Events

TAKE-A-PAWS

Pet therapy workshop
with our furry friends



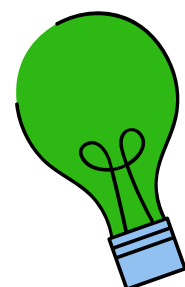
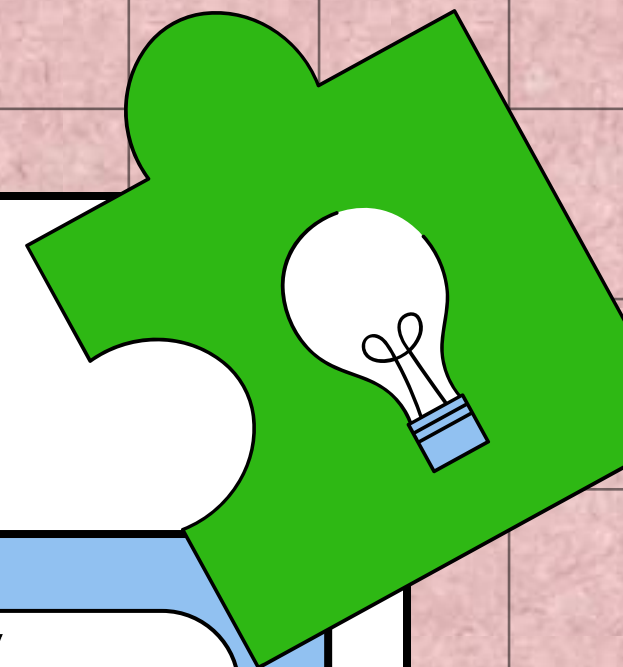
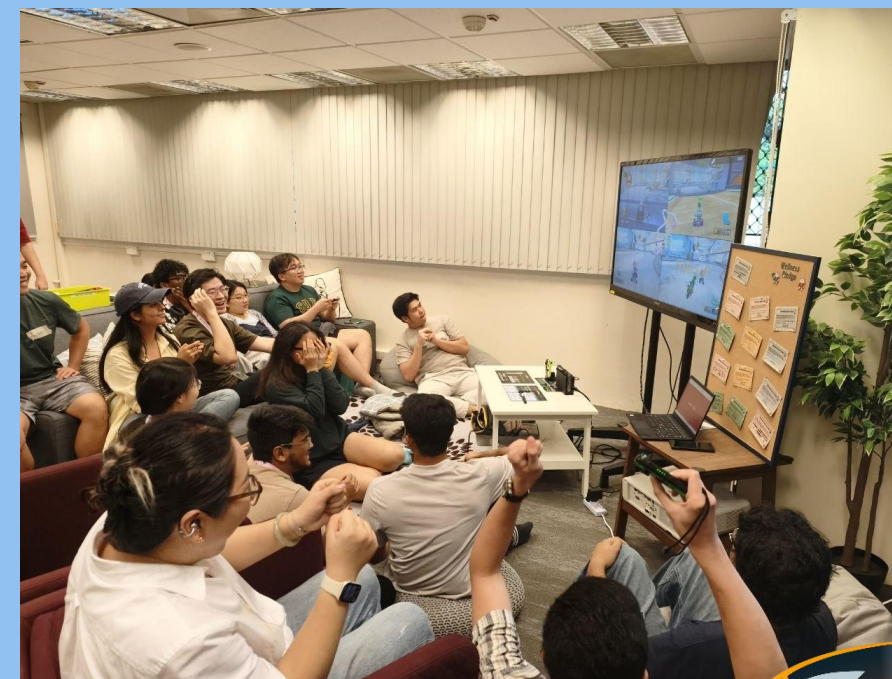
WELLNESS WALK

Time to reconnect with
nature



MARIO KART TOURNAMENT

Race your stress
away



WHY



CDE Student Wellness

Follow our social media for announcements
or email us if you have any inquiries!



Resources



CDE Student Support



CDE Spaces to Explore

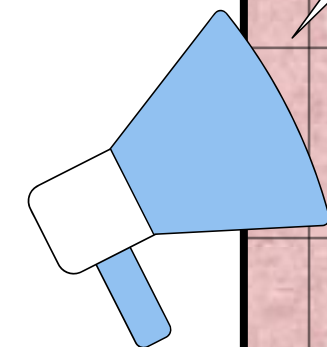
Most of the workshops/events are **FREE**

Announcements are usually announced on:

- CDE Student Life **EMAIL**
- CDE Student Life/Wellness **INSTAGRAM**
- CDE Student Wellness **TELEGRAM**



Find our socials here!
(click the respective icons
in the link)

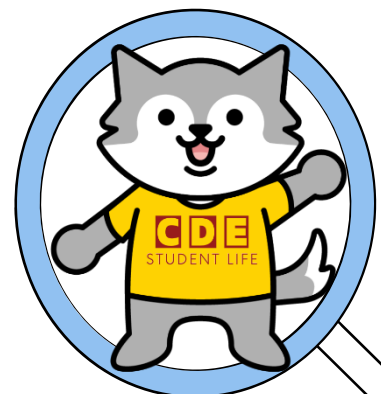
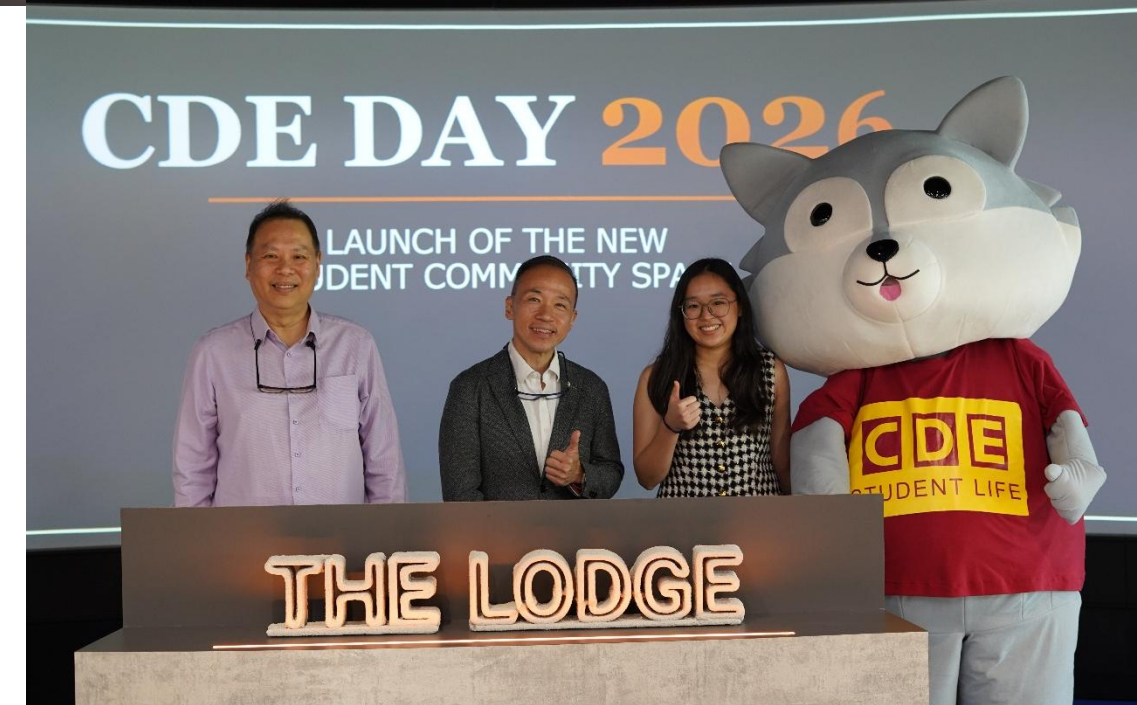


SOME ANNUAL EVENTS YOU CAN EXPECT

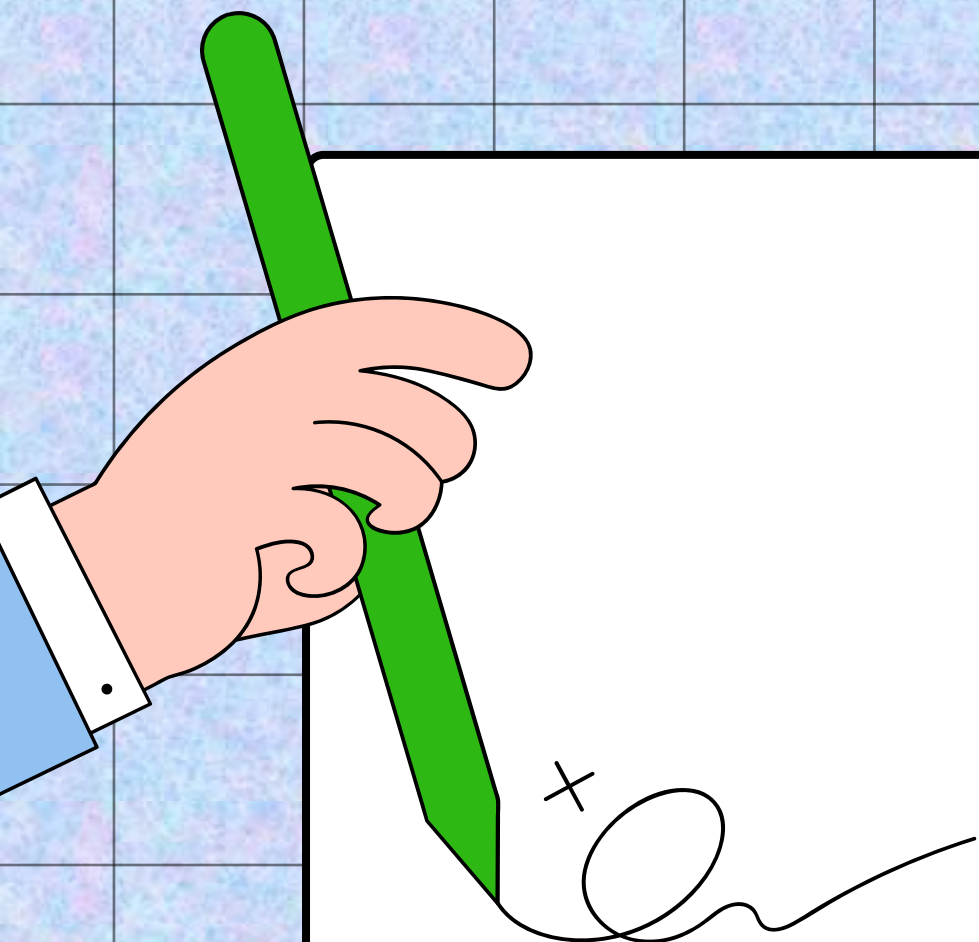
CDE Community Day



College of Design and Engineering (CDE) Day



STUDENT-LED SUPPORT

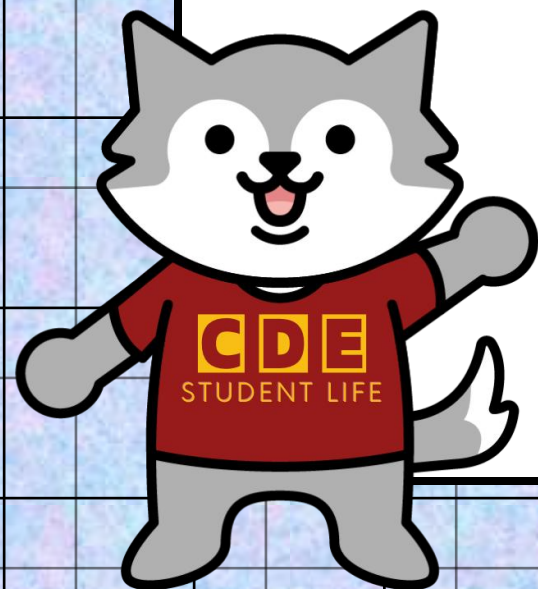
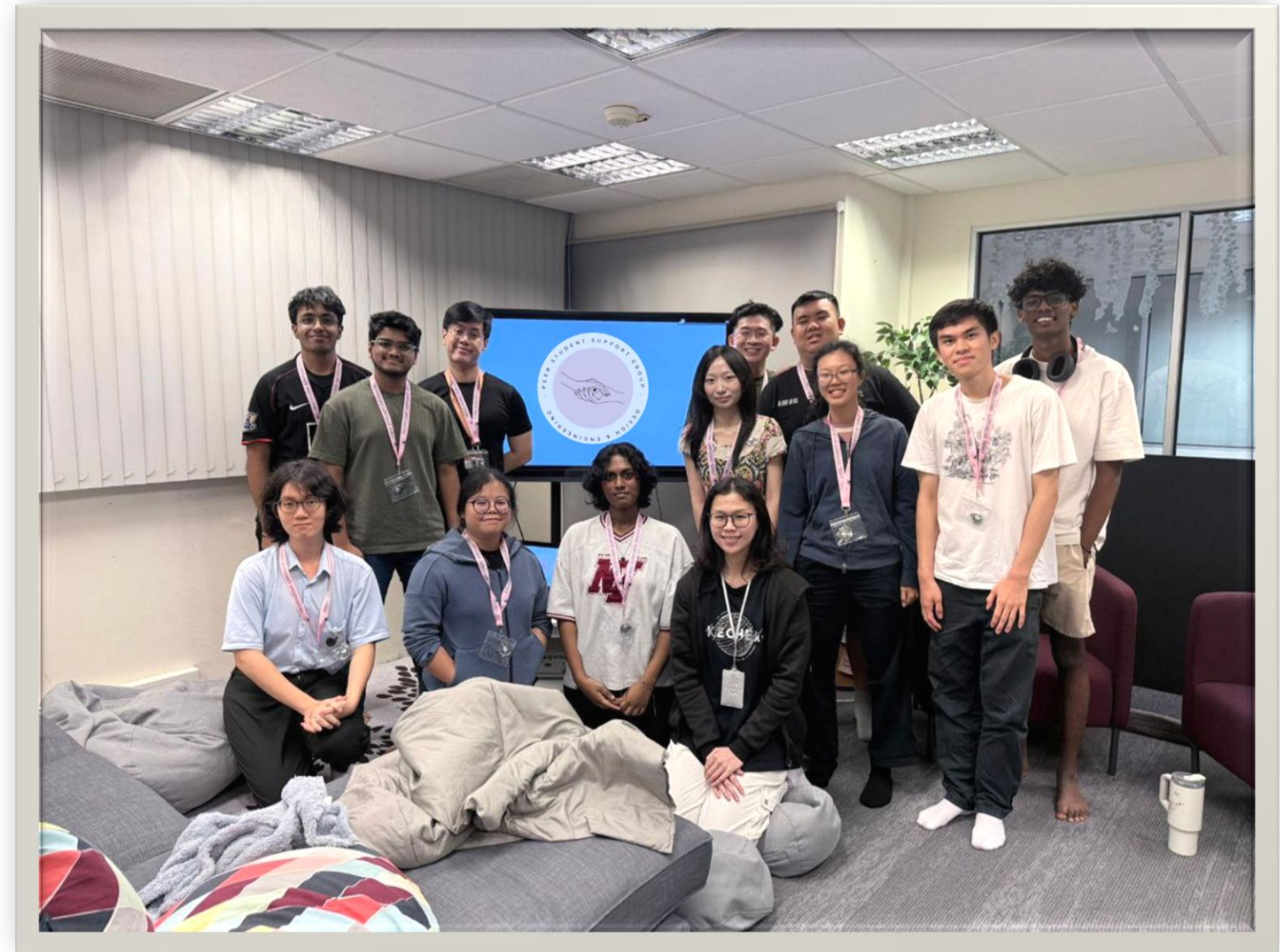


Want to chat with us?
Reach out here!



Peer Student Support Group

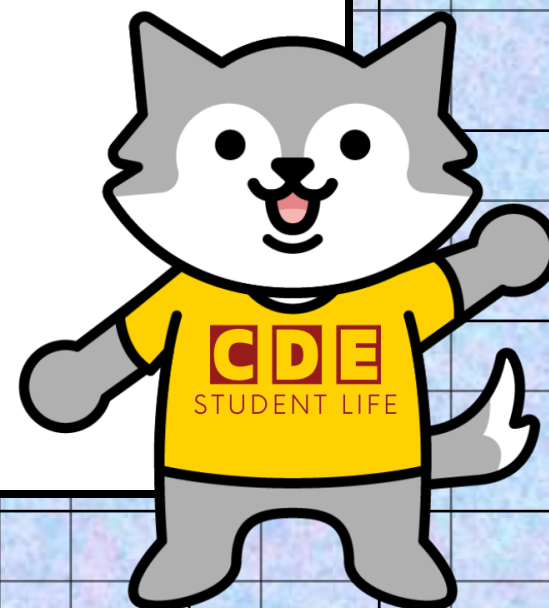
- Comprises of student volunteers.
- Here to be a friendly listening ear – and to support other students facing challenges.
- To be the advocates of mental health and well-being.

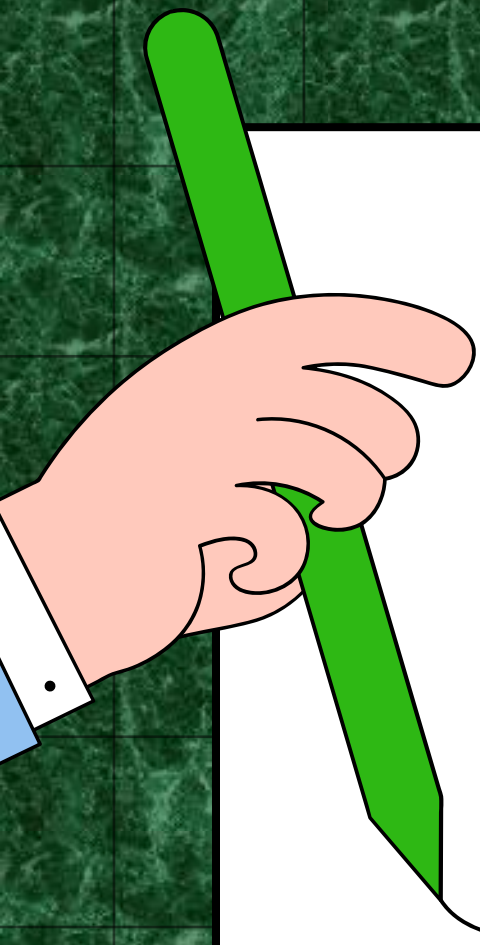


Wellness Ambassadors



- Comprises of student volunteers.
- Primary focus is on curating wellness workshops for CDE students.
- To be the advocates of mental health and well-being.





MENTAL HEALTH & OTHER WELLBEING RESOURCES



YOU MATTER AND YOU ARE NOT ALONE

AS AN INDIVIDUAL

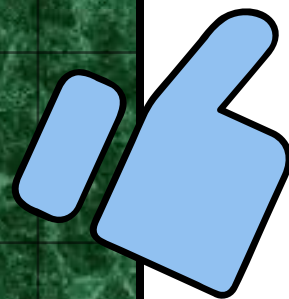
- Friends
- Family

AS A STUDENT

- Supervisors
- Professors
- Peers
- Peer Student Supporters
- Wellness Ambassadors

NUS AS A SCHOOL

- Student Support Managers
- University Counselling Services
- Residential Wellness Managers



FACULTY STUDENT SUPPORT MANAGERS (SSMs)



College of Design
and Engineering

CDE Student Life Website

ABOUT US NEWS STUDY RESEARCH & TECHNOLOGY STUDENT LIFE ALUMNI GIVING

College Life
Clubs & Activities
Health & Wellness
Career Development
Contact Us

Student Support
Key Resources
Peer Student Supporters & Wellness Ambassadors

<https://cde.nus.edu.sg/student-life/health-wellness/#ssm>

Club	SSM	Staff Advisor of CDE	Contact for Peer Student
	Contact for OSL Facilities and Wellness Workshops	Club & Contact for CDE Club and Sub-Club Matters	Support Group
vivianl@nus.edu.sg	sps@nus.edu.sg	jerrell@nus.edu.sg	rosanne@nus.edu.sg



CDE SSM Webpage - <https://cde.nus.edu.sg/student-life/health-wellness/#ssm>
Block C1, #03-01C Techno Edge, 2 Engineering Drive 4, Singapore 117584



● ○ ○ University Counselling Services

Email: uhc_counselling@nus.edu.sg

Phone: 6516 2376

20 Lower Kent Ridge Road Lvl 2
Singapore 119060

Operating Hours:

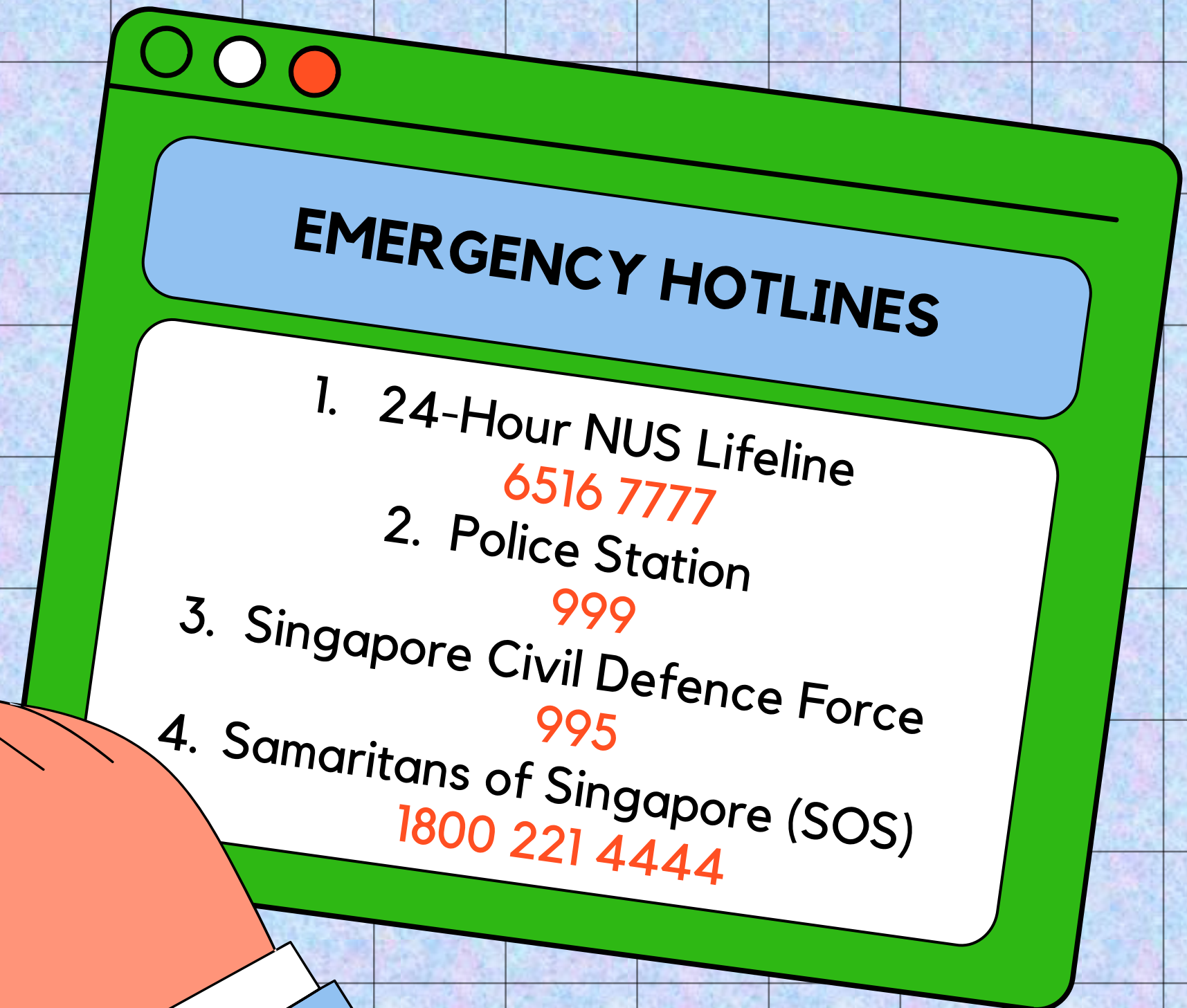
Mon: 9:30am to 6pm (5:30pm last walk-in)

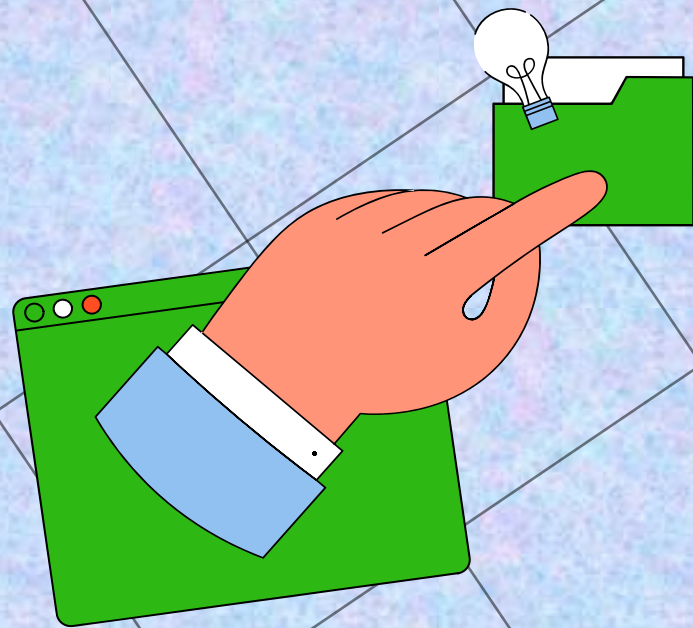
Tue – Thurs: 8.30am to 6pm (5:30pm last walk-in)

Fri: 8.30am to 5.30pm (5pm last walk-in)



OTHER SUPPORT RESOURCES





INTELLECT



24/7 Distress Helpline

Easy-Access Wellbeing Support

Personalized/Customizable

Can be done in the
comfort of your own
safe space

After Office Hour Services

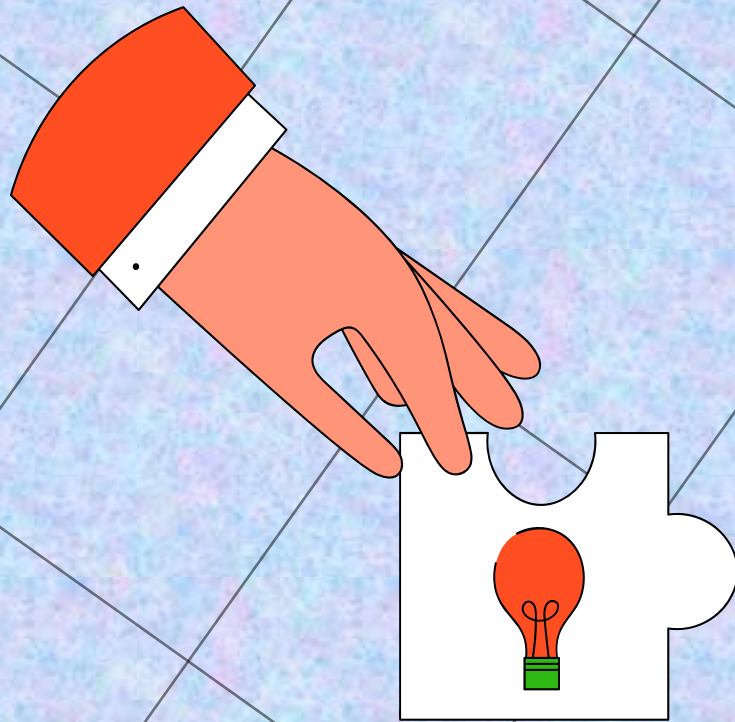
- Counselling
- Coaching

Guided Self-help Tools

Free counselling &
coaching services for all
Fulltime NUS Students



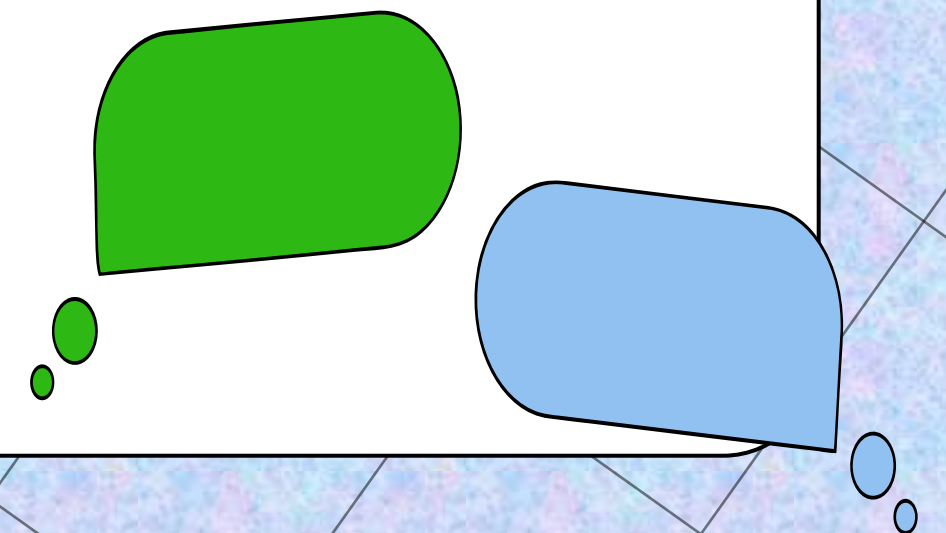
INTELLECT

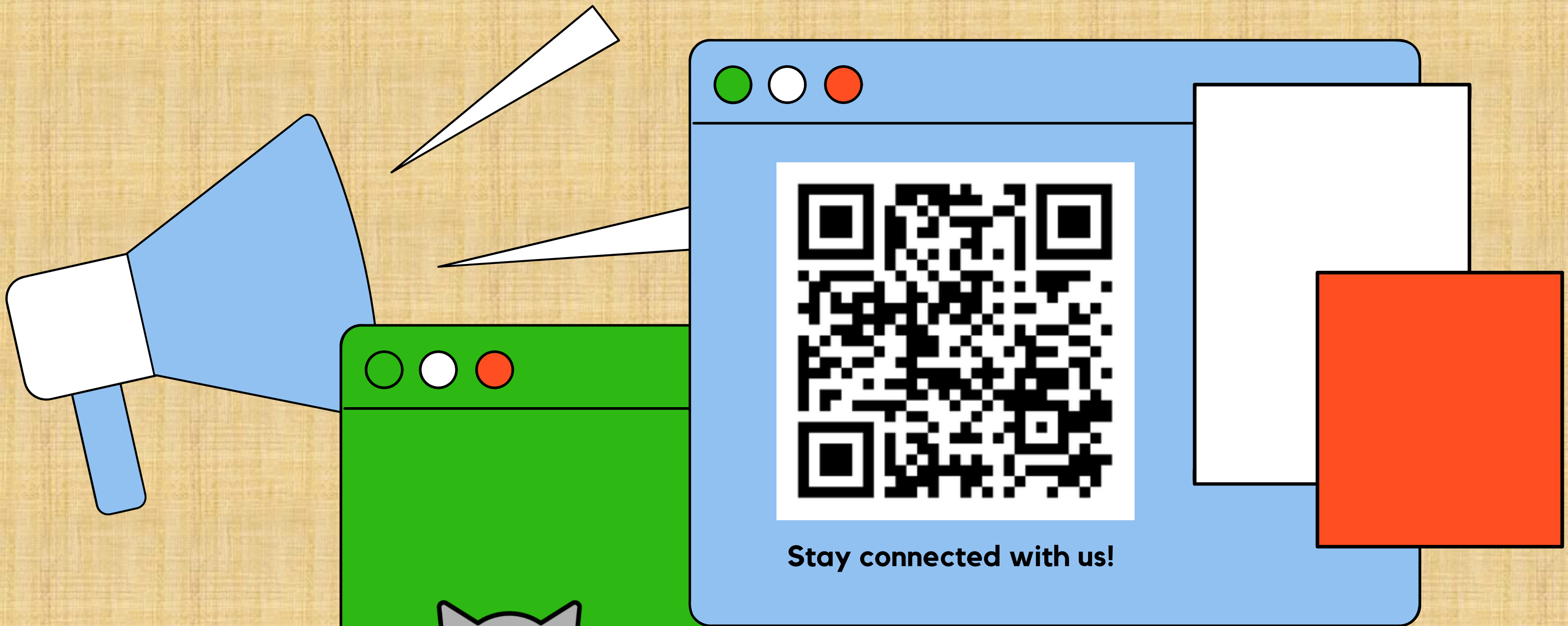


How to Install?

- Install the app via this QR Code
- Select '**Join with your Organization**'
- Click '**Continue with SSO**'
- Login with your NUS email (e.g. e0123456@u.nus.edu)

And...that's it!





YOUR JOURNEY WITH US IN NUS MATTERS
THANK **YOU**