

# International learner wellbeing forum



**Tuesday 10<sup>th</sup> November, Auckland Grammar School, 9.00am – 3.15pm**

*This forum brings together international programme teams and health professionals to discuss a coordinated approach to international student wellbeing and support. A key thread will be the need to address the increasing numbers of international learners making insurance claims for anxiety and depression.*

**9.00am – 9.30am**

Registration and pre-session tea and coffee

**9.30am – 11.00am**

***‘Stresses and strains: What we’re seeing and the change we’re seeking’*. Education provider–health services connections – Romy Lee & health professionals from Asian Family Services**

How can education providers and health services strengthen coordination to ‘load at the front end’ and effectively support at-risk international students? Romy Lee and health professionals from Asian Family Services will explore the connections between education providers and health services, with a focus on integrating and coordinating different facets of culturally responsive support.

**11.00am – 11.30am**

Morning tea

**11.30am – 1.00pm**

**Tailored mental health support and optimal referral practice for international students – Jason Chang, Psychiatrist at CONNECT Mental Health Ltd**

This session will discuss tailored mental health support for international students. It will include not only a psychiatrist’s insights but also pragmatic tools for diversity-responsive care.

**1.00pm – 1.45pm**

Lunch

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**1.45pm – 3.15pm**

**Partnerships, consortium travel, student wellbeing and crisis management – Lynda Lidgard, Rangitoto College & Josh Brodie, Massey High School**

Lynda and Josh will explore how school partnerships and consortium travel improve international student wellbeing & crisis management from abroad. The session will consider the value of collaboration, shared approaches and relationships across schools when supporting students.

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**3.15pm**

Symposium closes

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## **Workshop format**

Speaker presentation/panel discussion (30–40mins)  
Workshop discussion (30–40mins)  
Session wrap (10–15mins)

**For more information and to register now visit:**

<https://events.humanitix.com/supporting-international-learner-wellbeing>

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## **Romy Lee, Asian Family Services**

Romy is a Mental Health and Addiction all-rounder, holding skills in clinical practice, sector leadership, lived experience advisory and service design. She is inspired by the experiences of diverse communities to do her bit to improve the systems behind mental wellbeing in Aotearoa. She also works as an expert advisor to agencies such as NZ Herald, TVNZ, Three and Youthline. Romy heads up child and youth mental health services and lived experience at Asian Family Services, where she leads Kia Ora Ake, delivering mental wellbeing support to Asian tamariki aged 5–13 in Counties Manukau.



## **Jason Chang, Psychiatrist at CONNECT Mental Health Ltd**

Jason Chang is a Consultant Psychiatrist based in Christchurch and founder of CONNECT Mental Health. He trained through RANZCP and joined Canterbury District Health Board in 2018, treating adults in hospital and community settings, with particular interests in mood disorders and trauma. His approach is pragmatic and empathic, centred on holistic care, whānau inclusion and healthy boundaries. Fluent in Mandarin and English, Jason co-chairs the Asian Community Transformation Trust, working to raise awareness of mental wellbeing and improve access to services for Asian communities.



## **Lynda Lidgard, Rangitoto College**

Lynda leads the International Team at Rangitoto College, with a focus on strategic management and student wellbeing. She travels globally to market and meet with new and existing educational agents, fostering the relationships that bring a diverse range of students to Rangitoto College. Lynda is dedicated to ensuring every student is supported and successful throughout their New Zealand journey.

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## **Josh Brodie, Massey High School**

Josh is an experienced international educator at Massey High School who loves sharing the culture and heart of New Zealand with his students. Having taught overseas for many years, he understands the challenges of being far from loved ones and ensures new international students feel cared for and accepted. From initial inquiry until they leave for their next adventure, Joshua encourages active involvement in school life. He prioritises strong relationships with students and their families, meeting parents during overseas travels to discuss their child's progress.

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