

## Can I get some counselling?

If there are issues in your personal life which are affecting your ability to succeed at NMIT then we offer two free options for you to get some help;

### **Counselling Support for Students by Students**

Free, On-Site, Confidential, Listening & Support for Stress, Deadlines, Loneliness, Feeling Low or Homesick, etc

Text your name, contact details & request to:

#### **Nelson campus**

027 246 6711

#### **Marlborough Campus**

027 246 2152

### **OCP**

OCP are our official qualified counselling providers. You can contact them 24 hours a day / 7 days a week by phoning [0800 377 990](tel:0800377990).

Just quote your Student ID number to access their services.

For more information, visit the [OCP website](#).