

Can I get free counselling?

Rachel Rees - 2025-04-17 - Settling in

If there are issues in your life that are affecting your ability to succeed in your studies, Te Pūkenga NMIT has free, confidential counselling services available to help support you.

Vitae

[Vitae](#) provides off-campus counselling services for students currently enrolled at any Te Pūkenga campus.

Counselling is provided in person, by telephone, or online (Zoom or MS Teams), at no cost to you. Students can [self-refer online](#) or call the 24/7 freephone service on **0508 664 981** to request a counselling appointment.

OCP

[OCP](#) are also a counselling provider for any Te Pūkenga NMIT ākonga. You can contact them 24 hours a day / 7 days a week by phoning 0800 377 990, or [book an appointment online](#). You will need to quote your Student ID number to access their services.

If you need help to book a counselling session or are unsure what's best for you, please talk with a Wellbeing Team member.

Wellbeing Support

[Wellbeing Support](#) is available online or on Nelson, Richmond, Marlborough, and Woodbourne campuses to provide 1:1 or group support for student well-being needs. Teams are based in the Nelson and Marlborough Campus Libraries. Call in, or phone (03) 539 5068, or email wellbeing@nmit.ac.nz

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- [Who can I talk to for help?](#)