

## I feel stressed out and it's affecting my studies. Who can I talk to?

Rachel Rees - 2023-02-02 - Studying

If you are feeling stressed out or worried about any issues that are affecting your studies, come and see the [Wellbeing Support team](#) in the Library Learning Centre, or email [wellbeing@nmit.ac.nz](mailto:wellbeing@nmit.ac.nz)

The Wellbeing Support team will listen, and can help connect you with [counselling services](#) or other [wellbeing support providers](#).

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- [Can I get free counselling?](#)
- [Who can provide support?](#)
- [What does the NMIT Wellbeing Support Team do?](#)
- [Urgent student assistance 0800718277](#)
- [What records are kept when I access support from NMIT Te Pūkenga Support Services?](#)