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

Rachel Rees - 2023-02-01 - [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

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

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