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Who can provide support?

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If you need wellbeing help, please consider using one of these support services.

There are more agencies that provide support other than those listed.

Service name	Contact details	Support available
In an emergency	CALL: 111 available 24/7	to access police, ambulance and fire services.
24/7 Nelson Hospital Emergency Department	CALL: 03 546 1421 ADDRESS: 100 Waimea Road, Nelson WEB: Nelson Hospital Emergency Department available 24/7	to get accident and/or medical help, mental health and dental emergency support. Free for NZ residents.
Urgent & After Hours Medical and Injury Centre	CALL: 03 546 8881 ADDRESS: 98 Waimea Road (orange building next to hospital) WEB: Medical and Injury Centre available 8am-10pm	to get walk-in medical, mental health, sexual health and dental support from doctors from 8 am - 10 pm. Costs apply for both NZ residents and non-residents.
NMIT Student Urgent Assistance	CALL: 0800 718 277 or +64 3 5462333 (from outside NZ) available 24/7	to get support from NMIT Wellbeing Team members.
Wellbeing Support team	CALL: 03 539 5068 EMAIL: wellbeing@nmit.ac.nz Or request support	to get support from NMIT Wellbeing Support during business hours.
SANITI Student Association	WEB: www.saniti.co.nz EMAIL: hello@SANITI.co.nz FACEBOOK: www.facebook.com/SANITINZ	to get support for wellbeing, finances, COVID-19, academic issues, managing stress and problem resolution.

Vitae	CALL 24/7: 0508 664 981 WEB: Online/On-campus Te Pūkenga ākonga referral WEB: Work-based Te Pūkenga ākonga referral	to access free off-campus counselling sessions provided via ZOOM or MS Teams.
OCP	CALL: 0800 377 990 WEB: My OCP app	to make appointments for free counselling sessions via face-to-face, Skype or Zoom.
Te Puna Manaaki	CALL: 03 5463620 EMAIL: maorisupport@nmit.ac.nz Drop-in: Te Toki Pakohe, Nelson Campus	to get support for Māori with learning and other challenges, and help to access scholarships, external agencies and proactive cultural support.
Te Piki Oranga	CALL: 0800 672 642 WEB: www.tpo.org.nz EMAIL: admin.whakatu@tpo.org.nz	to get Māori wellness services including child and adult mental health services; smoking, alcohol and drug specialist services; Well Child Tamariki Ora and oral health services; and health education.
Nelson Tasman Pasifika Trust	CALL: 021 731 615 EMAIL: Nelson Tasman Pasifika Trust	to make an appointment for mentoring support, a community nurse, and referrals to other support.
Asian Family Services	CALL: 0800 862 342 WEB: www.asianfamilyservices.nz	to get support from a counsellor or social worker in English, Mandarin, Cantonese, Hindi, Thai, Vietnamese, Korean or Japanese languages. Available Monday to Friday 9 am to 8 pm.

COVID-19 Healthline	CALL: 0800 358 5453 available 24/7 WEB: https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus	to get advice about your health and resources specifically for COVID-19.
Healthline	CALL: 0800 611 116 available 24/7	to talk to a registered nurse.
Youthline	CALL: 0800 376 633 TEXT: 234 available 24/7 EMAIL: talk@youthline.co.nz WEBCHAT: https://www.youthline.co.nz/web-chat-counselling.html available 7:00 pm to 10:00 pm	to talk to a counsellor about young people's challenges.
NMIT first aiders	CALL: 0800 422 733	to access first aid support on campus.
Campus Services	CALL: 03 539 5084 after-hours call 027 433 4612 EMAIL: Campus Services	to notify building problems or spills.
Nelson Campus Security	CALL: 0800 718 277 (NMIT student urgent assistance)	to access security support on campus.

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