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Who should I contact in an emergency?

Sarah Ryder - 2026-01-14 - [Settling in](#)

After Hours Emergency Contacts

If you require Police, Ambulance or Fire - phone 111

If you require any other **urgent assistance, phone: 0800 422 733** - available 24/7

If you need **immediate access to booking counselling support**, phone 0800 377 990

Wellbeing Support Team

Hours: Monday to Friday, 8.00 am - 4.30 pm

Phone: Please phone 03 539 5068 or **for urgent 24/7 support 0800 422 733**

Email: wellbeing@nmit.ac.nz

Other wellbeing support is available [here](#).

There are many people who can help:

- Remember there are other students who know exactly how you are feeling and who can answer your questions.
- You can also reach out to your host family and staff at NMIT for support and guidance to help you adjust and enjoy your time here.

It is very important that you talk to somebody if there is something that is worrying you. We are all here to help make your time at NMIT as good as possible.

We understand how overwhelming your first few weeks can be and the difficulties you may be experiencing. If you have a query or are unsure of something, please contact the [Wellbeing Support Team](#).

Related Content

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- [Urgent student assistance 0800422733](#)
- [I am feeling dissatisfied. What can I do?](#)
- [What do I need to know about keeping safe in New Zealand?](#)
- [What if I have an accident?](#)
- [Who can I talk to for help?](#)