<u>Knowledgebase</u> > <u>International students</u> > <u>Settling in</u> > <u>Can I get free counselling?</u>

# 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 <a href="wellbeing@nmit.ac.nz">wellbeing@nmit.ac.nz</a>

# **Related Content**

- What does the NMIT Wellbeing Support Team do?
- Who can provide support?
- Who can I talk to about a gambling problem?
- I feel stressed out and it's affecting my studies. Who can I talk to?
- Who can I talk to for help?