

## Can I get free counselling?

Rachel Rees - 2023-08-23 - 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 either 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 assistance to book sessions or are unsure what's best for you, please talk with a Wellbeing Team member.

### **Wellbeing Team Counselling Services**

Wellbeing Support is available on Nelson, Richmond, Marlborough, Woodbourne campuses, and online, to provide 1:1 or group support for any student wellbeing needs.

Leah and Duncan are NMIT student counsellors on student placement in the Learner Services team. They can give 1:1 counselling on Nelson and Richmond campuses and online. This service replaces the Next Steps Service previously provided by the NMIT Bachelor of Counselling students.

Teams are based in the Nelson and Marlborough Campus Libraries. Call in, or phone (03) 539 5068, or email [wellbeing@nmit.ac.nz](mailto:wellbeing@nmit.ac.nz)

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- [I feel stressed out and it's affecting my studies. Who can I talk to?](#)
- [Who can I talk to about a gambling problem?](#)
- [Who can provide support?](#)

- [What does the NMIT Wellbeing Support Team do?](#)