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Can I get free counselling?

Rachel Rees - 2026-03-06 - [Settling in](#)

If there are issues in your life that are affecting your ability to succeed in your studies, NMIT has free, confidential counselling services available to help support you.

Vitae

[Vitae](#) provides off-campus counselling services for students currently enrolled at any 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 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 wellbeing@nmit.ac.nz

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- [Who can provide support?](#)
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- [Who can I talk to for help?](#)