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Can I get some counselling?

Rachel Rees - 2021-01-28 - [Settling in](#)

If there are issues in your life which are affecting your ability to succeed at NMIT then we offer two free options for you to get some help;

Counselling Support for Students by Students - Next Steps

Free, On-Site, Confidential, Listening & Support for Stress, Deadlines, Loneliness, Feeling Low or Homesick, etc

Text your name, contact details & request to:

Nelson campus

027 246 6711

Marlborough Campus

027 246 2152

OCP

OCP are our official qualified counselling providers. You can contact them 24 hours a day / 7 days a week by phoning 0800 377 990.

Just quote your Student ID number to access their services. Alternatively, [book your appointment online](#) with My OCP app.

Related Content

- [Who can provide support?](#)