

## I feel stressed out and it's affecting my studies. Who can I talk to?

If you are feeling stressed out about assignments or worried about external issues that are affecting your studies, come and see the team in the Library Learning Centre.

The Learner Services team may be able to assist you to find help to resolve issues that are causing stress or working against your success as a student at NMIT.

The Learner Services team may also provide assistance or equipment solutions if you have a diagnosed disability or if you have access issues that might prevent you from reaching your full potential at NMIT.

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