

## Who can I talk to for help?

### **Cultural Advisers**

NMIT's cultural advisers are on hand to assist you. They can help you with:

- Adjustment to student life
- Connections to people of your culture
- Balancing your study with work and family commitments
- Pacific Island support
- Relationship issues
- Access to free counselling
- Career guidance
- Referrals to community and government agencies
- Health concerns and medical referrals

You can find them in the Library Learning Centre (LLC) at Nelson Campus and Marlborough Campus.

They can also be contacted by

email: [studentsupporthelp@nmit.ac.nz](mailto:studentsupporthelp@nmit.ac.nz) (Nelson/Marlborough)

### **Free Counselling**

NMIT students have free access to a counselling service provided by OCP, a professional company that offers the services of a team of independent counsellors and psychologists throughout New Zealand. First language support is available for international students.

Through this service you will be able to address issues such as:

- Personal or study stress
- Relationship problems
- Conflict situations
- Anxiety/depression
- Grief/loss
- Violence
- Harassment
- Personal trauma
- Addictions
- Budget advice

To find out more about free counselling sessions contact 0800 377 990 or visit [ocp.co.nz](http://ocp.co.nz).

### **Emergency Card**

You will be given an emergency card which you can keep in your wallet. It has contact numbers for cultural advisers and learning support as well as after hours emergency contact numbers.

## **There are many people who can help**

Remember there are other students who know exactly how you are feeling and who can answer your questions. You can also talk to your host family and people employed at NMIT to help you adjust and enjoy your time here. ***It is very important that you talk to somebody if there is something that is worrying you. We are all here to help make your time at NMIT as good as possible.***

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