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Who can I talk to for help?

Sarah Ryder - 2026-01-14 - [Living in New Zealand](#)

Wellbeing Support and International Support

We can help you with:

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

You can find us in the Library Learning Centre at Nelson Campus and Marlborough Campus, or email [Wellbeing support](#) or internationalsupport@nmit.ac.nz

Urgent Support

If you need urgent support from an NMIT team member 24/7, call **0800 422 733** or +64 3 5462333 from outside NZ.

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, contact 0800 377 990 or visit [OCP](#).

There are many people who can help

Remember, there are other students who know exactly how you feel and may be able to answer your questions.

You can also reach out to your host family and staff at NMIT for support and guidance 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.***

Related Content

- [What records are kept when I access support from NMIT Services?](#)
- [Urgent student assistance 0800422733](#)
- [Who can provide support?](#)
- [Can I get free counselling?](#)
- [Who should I contact in an emergency?](#)
- [I am feeling dissatisfied. What can I do?](#)
- [What is culture shock?](#)
- [What if I become pregnant?](#)
- [What if I am sick?](#)
- [Is it common practice in New Zealand to lend money to friends or other students?](#)
- [What if I need help with my studies?](#)