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## Who can provide support?

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**If you need wellbeing help, please consider using one of these support services.**

There are other agencies that provide support in addition to those listed.

Service name	Contact details	Support available
<b>In an emergency</b>	<b>CALL: 111</b> <b>available 24/7</b>	to access police, ambulance and fire services.
<b>24/7 Nelson Hospital Emergency Department</b>	CALL: 03 546 1421 ADDRESS: 100 Waimea Road, Nelson WEB: <a href="#">Nelson Hospital Emergency Department</a> <b>available 24/7</b>	to get accident and/or medical help, mental health and dental emergency support. Free for NZ residents.
<b>Urgent &amp; After Hours Medical and Injury Centre</b>	CALL: 03 546 8881 ADDRESS: 98 Waimea Road (orange building next to hospital) WEB: <a href="#">Medical and Injury Centre</a> available 8am-10pm	to get walk-in medical, mental health, sexual health and dental support from doctors from 8 am - 10 pm. Costs apply for both NZ residents and non-residents.
<b>NMIT Student Urgent Assistance</b>	CALL: <b>0800 422733</b> or <b>+64 3 5462333</b> (from outside NZ) <b>available 24/7</b>	to get support from NMIT Wellbeing Team members.
<b>Wellbeing Support team</b>	CALL: 03 539 5068 EMAIL: <a href="mailto:wellbeing@nmit.ac.nz">wellbeing@nmit.ac.nz</a> Or <a href="#">request support</a>	to get support from NMIT Wellbeing Support during business hours.
<b>SANITI Student Association</b>	WEB: <a href="http://www.saniti.co.nz">www.saniti.co.nz</a> EMAIL: <a href="mailto:hello@SANITI.co.nz">hello@SANITI.co.nz</a> FACEBOOK: <a href="https://www.facebook.com/SANITINZ">www.facebook.com/SANITINZ</a>	to get support for wellbeing, finances, COVID-19, academic issues, managing stress and problem resolution.

<b>Vitae</b>	CALL 24/7: 0508 664 981 WEB: <a href="#">Online/On-campus Te Pūkenga ākonga referral</a> WEB: <a href="#">Work-based Te Pūkenga ākonga referral</a>	to access free off-campus counselling sessions provided via ZOOM or MS Teams.
<b>OCP</b>	CALL: 0800 377 990 WEB: <a href="#">My OCP app</a>	to make appointments for free counselling sessions via face-to-face, Skype or Zoom.
<b><a href="#">Te Puna Manaaki</a></b>	CALL: 03 5463620 EMAIL: <a href="mailto:tepunamanaaki@nmit.ac.nz">tepunamanaaki@nmit.ac.nz</a> Drop-in: Te Toki Pakohe, Nelson Campus	to get support for Māori with learning and other challenges, and help to access scholarships, external agencies and proactive cultural support.
<b>Te Piki Oranga</b>	CALL: 0800 672 642 WEB: <a href="http://www.tpo.org.nz">www.tpo.org.nz</a> EMAIL: <a href="mailto:admin.whakatu@tpo.org.nz">admin.whakatu@tpo.org.nz</a>	to get Māori wellness services including child and adult mental health services; smoking, alcohol and drug specialist services; Well Child Tamariki Ora and oral health services; and health education.
<b>Nelson Tasman Pasifika Trust</b>	CALL: 021 731 615 EMAIL: <a href="#">Nelson Tasman Pasifika Trust</a>	to make an appointment for mentoring support, a community nurse, and referrals to other support.
<b>Asian Family Services</b>	CALL: 0800 862 342 WEB: <a href="http://www.asianfamilyservices.nz">www.asianfamilyservices.nz</a>	to get support from a counsellor or social worker in English, Mandarin, Cantonese, Hindi, Thai, Vietnamese, Korean or Japanese languages. Available Monday to Friday 9 am to 8 pm.

<b>COVID-19 Healthline</b>	CALL: 0800 358 5453 available 24/7 WEB: <a href="https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus">https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus</a>	to get advice about your health and resources specifically for COVID-19.
<b>Healthline</b>	CALL: 0800 611 116 available 24/7	to talk to a registered nurse.
<b>Youthline</b>	CALL: 0800 376 633 TEXT: 234 available 24/7 EMAIL: <a href="mailto:talk@youthline.co.nz">talk@youthline.co.nz</a> WEBCHAT: <a href="https://www.youthline.co.nz/web-chat-counselling.html">https://www.youthline.co.nz/web-chat-counselling.html</a> available 7:00 pm to 10:00 pm	to talk to a counsellor about young people's challenges.
<b>NMIT first aiders</b>	CALL: 0800 422 733	to access first aid support on campus.
<b>NMIT Campus Services</b>	CALL: 0800 422 733 EMAIL: <a href="#">Campus Services</a>	to notify building problems or spills.
<b>NMIT Campus Security</b>	CALL: 0800 422 733	to access security support on campus.

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