

Who can provide support?

Olly - 2023-02-02 - Settling in

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

There are more agencies that provide support other than those listed.

| Service name | Contact details | Support available |
|---|--|---|
| In an emergency | CALL: 111 available 24/7 | to access police, ambulance and fire services. |
| 24/7 Nelson Hospital Emergency Department | CALL: 03 546 1421 ADDRESS: 100 Waimea Road, Nelson WEB: Nelson Hospital Emergency Department available 24/7 | to get accident and/or medical help, mental health and dental emergency support. Free for NZ residents. |
| Urgent & After Hours Medical and Injury Centre | CALL: 03 546 8881 ADDRESS: 98 Waimea Road (orange building next to hospital) WEB: Medical and Injury Centre 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. |
| NMIT Student Urgent Assistance | CALL: 0800 718 277 or +64 3 5462333 (from outside NZ) available 24/7 | to get support from NMIT Wellbeing Team members. |
| Learner Services Wellbeing Support team | CALL: 03 539 5068 EMAIL: wellbeing@nmit.ac.nz Or request support | to get support from NMIT Wellbeing Team members during business hours. |
| SANITI Student Association | WEB: www.saniti.co.nz EMAIL: hello@SANITI.co.nz FACEBOOK: www.facebook.com/SANITINZ | to get support for wellbeing, finances, COVID-19, academic issues, managing stress and problem resolution. |
| Vitae | CALL 24/7: 0508 664 981 WEB: Online/On-campus Te Pūkenga ākongā referral WEB: Work-based Te Pūkenga ākongā referral | to access free off-campus counselling sessions provided via ZOOM or MS Teams. |
| OCP | CALL: 0800 377 990 WEB: My OCP app | to make appointments for free counselling sessions via face-to-face, Skype or Zoom. |
| Te Puna Manaaki | CALL: 03 5463620 EMAIL: maorisupport@nmit.ac.nz 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. |
| Te Piki Oranga | CALL: 0800 672 642 WEB: www.tpo.org.nz EMAIL: admin.whakatu@tpo.org.nz | 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. |

| Service name | Contact details | Support available |
|-------------------------------------|---|--|
| Nelson Tasman Pasifika Trust | CALL: 021 731 615 EMAIL: Nelson Tasman Pasifika Trust | to make an appointment for mentoring support, community nurse, and referrals to other support. |
| Asian Family Services | CALL: 0800 862 342 WEB: www.asianfamilyservices.nz | 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. |
| COVID-19 Healthline | CALL: 0800 358 5453 available 24/7 WEB: https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus | to get advice about your health and resources specifically for COVID-19. |
| Healthline | CALL: 0800 611 116 available 24/7 | to talk to a registered nurse. |
| Youthline | CALL: 0800 376 633 TEXT: 234 available 24/7 EMAIL: talk@youthline.co.nz WEBCHAT: https://www.youthline.co.nz/web-chat-counselling.html available 7:00 pm to 10:00 pm | to talk to a counsellor about young people's challenges. |
| NMIT first aiders | CALL: 0800 422 733 | to access first aid support on campus. |
| Campus Services | CALL: 03 539 5084 after-hours call 027 433 4612 EMAIL: Campus Services | to notify building problems or spills. |
| Nelson Campus Security | CALL: 0800 718 277 (NMIT student urgent assistance) | to access security support on campus. |

- Tags

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 - COVID-19
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 - Wellbeing

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