

## Who should I contact in an emergency?

Sarah Ryder - 2021-03-08 - Settling in

### **After Hours Emergency Contacts**

#### **If you require Police, Ambulance or Fire - phone 111**

If you require any other **urgent assistance** phone: 0800 718 277 - available 24/7

If you need **immediate access to booking counselling support**, phone 0800 377 990

### **Wellbeing Support Team**

**Hours:** Monday to Friday, 8.00am - 4.30pm

**Phone:** Please phone 03 539 5068 or **for urgent 24/7 support 0800 718 277**

**Email:** [wellbeing@nmit.ac.nz](mailto:wellbeing@nmit.ac.nz)

Other wellbeing support is available [here](#).

#### **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.***

We understand how overwhelming your first few weeks can be and the difficulties you may be experiencing. If you have a query or are unsure of something, please contact the [Wellbeing Support Team](#).

#### Related Content

- [Who can I talk to for help?](#)
- [What if I have an accident?](#)
- [What do I need to know about keeping safe in New Zealand?](#)

- [I am feeling dissatisfied. What can I do?](#)
- [Urgent student assistance 0800718277](#)
- [When can NMIT Te Pūkenga call my emergency contact person?](#)