

Free counselling service for ākongā

Do you have an ākongā (learner — Te Pūkenga enrolled apprentice/trainee) who is going through a tough time and may need support? We now offer all Te Pūkenga ākongā a free counselling service, throughout New Zealand, from our professional employee assistance provider Vitae.

What Vitae offers:

Free confidential counselling

Choice of counsellor

A 24/7 contact centre and duty counsellor for emergencies.



Providing access to this free service is part of the commitment made by Te Pūkenga to promote a healthy learning environment by ensuring that all ākongā have the opportunity to talk to someone about their mental health. Please encourage your learner to take this opportunity to seek help when they need it.

Vitae's focus is on enabling speedy access to psychological services that help to resolve issues and maintain a safe, healthy and productive work environment.

Your ākongā 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.

How ākongā can get in touch:

- Call 0508 664 981 for 24/7 access
- Scan the QR code below to book an appointment
- Or visit vitae.co.nz.

