

Free counselling service for ākongā

Your hauora (wellbeing) is important! Wherever you are in New Zealand, we can now offer ākongā (learners) access to free counselling through our provider Vitae whenever you need it.

What Vitae offers:

Free confidential counselling

Choice of counsellor

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



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.

It's easy to get in touch:

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

