

Counselling Services Tari Whakapakari Ngākau



A free confidential service provided to
Te Pūkenga – Open Polytechnic students

If you need assistance with –



- Personal or study stress
- Relationship problems
- Conflict situations
- Anxiety/ depression
- Anger/ violence
- Grief/ loss
- Harassment
- Personal trauma
- Addictions

Call **0508 664 981** 24/7, or complete the online referral form at <https://www.vitae.co.nz/contact/Te-Pukenga/>

You can download the Vitae app free by searching Vitae NZ at the apps store. Counselling services are available by telephone or video (zoom).