

NMIT Nelson Community Health

Care Directory 2019

- **Emergency -111**
- **On campus incident – 0800 422 733**
- **Security – 027 449 8494 after hours 027 433 4612**
- **Skype – type “operator main number” in find someone field**

MEDICAL

- 24 hour Accident & Emergency: 03 546 1800 - 98 Waimea Road, Nelson. (Non-res charges apply, Free for NZ res)
- Medical & Injury Centre: 8am-10pm 98 Waimea Road. (Costs apply)
- Nelson City Medical Centre: 8.30am-5pm Mon-Fri 125 Collingwood Street. GP and other services (Costs apply NZ student \$30 Int student \$70)
- Emergency & General Dental
Gentle Dental 32 Bridge Street: 03 548 4601
\$89 checkup & 2 x-rays
- Māori Health Services Te Piki Oranga & Pasifika:
Richmond: 03 543 7016 – 281 Queen St.
Nelson: 03 546 9099 – 99 Atawhai Drive
- Motueka 03 528 1046 – 117 Pah St.
www.tpo.org.nz
- Women Nurses & Doctors – Sexual Health INP
Medical: 18 Nile St. 03 546 8155 gabi@inp.co.nz
(under 22's free)

Always take your current NMIT ID and Community Services Card if you have one to all appointments to ensure you receive the cheapest options.

MENTAL HEALTH

- 24 hour Critical/Urgent mental health issue – life threatening risk
03 546 1421 after hours 03 546 1800 ask for on-call crisis team. (Free service)
- Mental Health Team – Urgent out of hours 03 546 1800 - New clients 0800 776 364 – Existing clients 03 546 1870
- OCP National Support – Urgent Assistance 0800 377990 (24/7) Free & Confidential Counselling
studentsupporthelp@nmit.ac.nz
- Lifeline 0800 543 354
- Youthline 0800 376 633
- Women and Children's Refuge 0800 163 344 or 03 544 0616 9am-3.30pm
- Male Counselling “The Male Room” 03 548 0403 or 027 261 8278 free service
www.maleroom.co.nz
- Victim Support: Urgent matters 0800 842 846 or 03 546 3847/027 452 6212
- Alcohol & Drug assistance – Addiction Services: 03 546 1994 (free service) 31 Pascoe St. Nelson
- Addiction Services Helpline 0800 787 797
- Nelson Bays Primary Health – www.nmdhb.govt.nz

OTHER SERVICES

ON CAMPUS

- NMIT Counselling Support Service: On-site free confidential counselling service – 8.30-5pm Mon-Fri: 027246 6711
- Blood, Urine or Vomit spill – Spill Kits available N Block Ake Ake cafe & Saniti – T Block Rata Room – M Block Learning Library centre – Security during patrol times 0274498494 & after hours 02374334612
- Safe Free Needle disposal N Block Toilets Nelson Campus – ph 03 539 5969 for replacement
- Skype - type “Operator main number” in find someone field, select and click to call or video call (right click on “operator main number” to save to favourites or contact list)