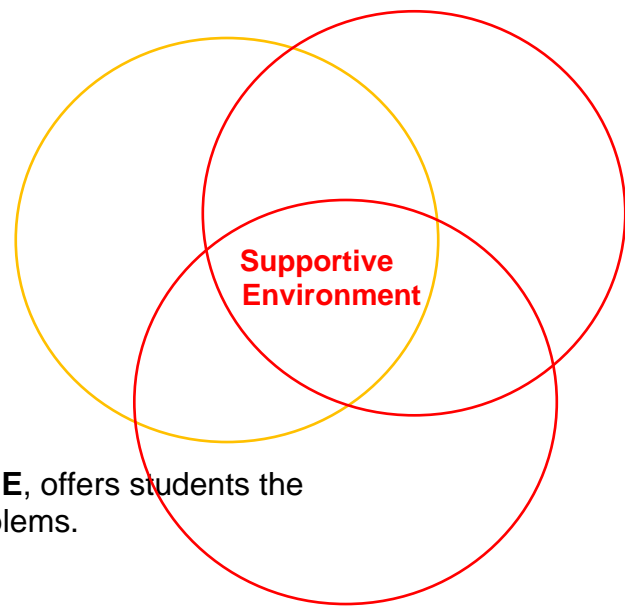


AIS STUDENT COUNSELLING SERVICE



Auckland Institute of Studies (AIS) together with **RAISE**, offers students the opportunity to see a counsellor for non-academic problems.

Counsellors will meet either on-campus or offsite as preferred. Contact details:

Toll free 0800 SELFHELP (0800 735 343)

Email referrals@raisementalhealth.co.nz

Online www.raisementalhealth.co.nz

The counsellors are available to help with a range of issues including:

- Relationship issues – not getting on with friends, classmates, partners or living situations
- Stress
- Feeling unsafe
- Depression
- Anxiety – feeling like you are not coping
- Loneliness and isolation
- Family issues
- Coping with changes and living in NZ
- Talking through a traumatic incident
- Achieving balance with study and technology
- Dealing with drugs/alcohol/gambling addictions
- Health and wellbeing
- Study/life balance
- Lack of motivation
- Grief and loss
- Money worries
- Strategies for self-care



- Up to 3 sessions per person
 - No details of student conversations will be shared without their permission
 - There is no charge to students for this service
 - Students can access counsellors of other genders/cultures if they wish