Welcome to Psychology and Wellness

Psychology and Wellness (formerly Counselling & Psychological Services) provides confidential telehealth and face to face counselling sessions to all students at UNSW. We are pleased to announce Mental Health Connect, a new service that helps you find the help and support you need. If you have visited Psychology and Wellness previously, please click here.

If you need support after hours or weekends, call UNSW After Hours Mental Health Support Line 1300 787 026.

Mental Health Connect 24/7 help and support
We can help!

Book an appointment for mental health support

Additional UNSW help

More UNSW help and support

Mental health & COVID-19

COVID-19 mental health support resources

Online support and self help

Online help and self help resources

Training & workshops

Information on upcoming workshops and training