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. Appointments for Psychology and Wellness can be made through 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 Mental Health Connect 24/7 help and support.
We can help!

Book an appointment for mental health support

More UNSW help and support

COVID-19 mental health support resources

Online help and self help resources

Information on upcoming workshops and training