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 offers 24/7 help and support. If you have visited Psychology and Wellness previously, please click here to access the help and support you need. If you need support after hours or weekends, call the UNSW After Hours Mental Health Support Line 1300 787 026.
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