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 the UNSW After Hours Mental Health Support Line: 1300 787 026.

Mental Health Connect 24/7 help and support
Stay connected

Student support groups

More resources

Newsletters and more resources

Staff

Information and training for staff