What we offer to support your journey

- Counselling for individuals
- Support and Transition to university
- Motivational support
- Personal skills development
- Psychological services
- Anxiety & mood management
- Stress management programs
- Staff consultancy
- Self help options

Contact us

Counselling and Psychological Services

Current Student Website
student.unsw.edu.au/wellbeing

CAPS Website
counselling.unsw.edu.au

Kensington Campus
Opening Hours
9.00am-5.00pm Monday to Friday
Level 2 East Wing, Quadrangle Building
PH: 02 9385 5418  Fax: 02 9385 6115
Email: counselling@unsw.edu.au

Art & Design Campus
Opening Hours
9am-4pm Monday to Friday
G Block, Room G106
PH: 02 9385 5418

UNSW Canberra-ADFA
Opening Hours
8.30am-4.30pm Tuesday and Thursday
ICTS Building 14
PH: 02 6268 6058

NIDA
Opening Hours
Friday ONLY
NIDA Administration building, First floor
PH: 02 9385 5418
Online

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student.unsw.edu.au/wellbeing

Visit the Counselling and Psychological Services website:
counselling.unsw.edu.au

Free and confidential for UNSW students

Initial consultations

Monday to Friday from 9am (except Wednesday mornings).

Initial brief consultations to assess your situation and needs, are available daily, Monday to Friday, as on the day brief, face to face, consultations or over the phone.

Programs & workshops

- Building on resilience & success
- Enhancing confidence & wellbeing
- Time management
- Managing academic anxiety
- Life management skills
- Managing emotions
- Assertive communication
- Support for academic advisers
- Consultation with staff about students of concern
- Student Minds, Sleep Smart and Mind Smart internships

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Self help resources
- Events

Academic enhancement
- Life management
- Personal development

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