

**Bulletin – Domestic and International Students**

**20th March, 2020**

New Zealand tertiary institutions, all government education agencies and the Ministry of Social Development will do everything they can to assist you to continue studying during this uncertain time.

We are not expecting widespread closures of education providers. However, we are ready to respond quickly to any changing circumstances if we need to.

**If you are feeling unwell**

Do not attend your courses and call Healthline 0800 358 5453 (or +64 9 358 5453 for international SIM cards). Healthline is available 24/7 and in 150 languages.

**If you are feeling well**

Please continue to attend your courses. Make sure you are looking after yourself and practising good hygiene.

**Questions about Student Allowance and Living Cost payments for domestic students**

Answers to questions in relation to Student Allowance and Living Cost payments can be found on StudyLink’s website <https://www.studylink.govt.nz/>.

**More information**

Talk to your education provider about your course, and any questions or concerns you have about being able to continue to study.

You can stay up to date with the latest Government information, including Ministry of Health advice on [covid19.govt.nz](https://covid19.govt.nz/alert-system/covid-19-alert-system/)

You can stay up to date with the latest information from the Ministry of Education on <http://www.education.govt.nz/novel-coronavirus-2019-ncov-3/>

**Stress counselling and support**

Emergencies are usually unexpected, sudden and overwhelming. It is natural to feel emotionally and physically drained.

You are not alone in this and you do not need to cope on your own. Friends and family members not affected by the event can help you cope. You can get more help and information from:

* your education provider
* your GP or local community health centre
* Youthline 0800 376 633 and www.youthline.co.nz
* Need To Talk by calling or texting 1737
* In an emergency always call 111