



*Counselling*



*Money  
management*



*Career advice*

OCP

**Support and  
advice for all of  
life's challenges**

[ocp.co.nz/book](https://ocp.co.nz/book)

0800 377 990

*Need emergency support? Call us on 0800 377 990*

# Getting started with OCP

With phone, video, and face-to-face counselling & advisory sessions available, getting the support you need has never been easier



## Get in touch

Visit [ocp.co.nz/book](https://ocp.co.nz/book) or call us anytime on **0800 377 990** to connect with a support professional that suits your needs



## Schedule a session

Choose a time that works for you & mention that you're booking with OCP to avoid the long public waiting list



## Get your support

Remember that anything you share with your support professional is kept completely private & confidential



## Costs are covered

Thanks to your organisation's relationship with us, any support you receive through OCP is completely free to you



**0800 377 990**  
[ocp.co.nz/book](https://ocp.co.nz/book)  
[support@ocp.co.nz](mailto:support@ocp.co.nz)



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