



**The National School
of Aesthetics**



The National School of Aesthetics
Student Handbook 2026
version 1.3

Version	Release Date
2020 version 1.0	20 August 2019
2020 version 1.1	20 November 2019
2020 version 1.2	9 December 2019
2020 version 1.3	14 February 2020
2021 version 1.0	3 August 2020
2022 version 1.0	10 September 2021
2023 version 1.0	9 September 2022
2023 version 1.1	21 November 2022
2024 version 1.0	16 August 2023
2025 version 1.0	14 August 2024
2025 version 2.0	20 February 2025
2026 version 1.0	20 August 2025
2026 version 1.1	5 September 2025
2026 version 1.2	10 December 2026
2026 version 1.3	3 July 2026

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Appendix 4: External Support Agencies

This appendix supplies a list of external agencies that may be able to help you or someone you know with issues that may arise during your time studying with us. This info supplied to the best of our knowledge. See if us an agency you think should be included in the appendix is not in the appendix.

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- Harassment and discrimination (Human Rights Commission)
- Immigration New Zealand
- Justices of the Peace
- Mental health
- New Zealand legislation
- New Zealand Police (ill-treatment, harm, abuse, neglect, emergencies, other areas)
- New Zealand Qualifications Authority (NZQA)
- Personal health and welfare
- Relevant New Zealand laws
- Safety on the roads and driving laws and requirements (NZ Transport Agency)
- Sexual assault and rape
- Sexuality education, health promotion and sexual and reproductive health services
- Sexual orientation, gender and transgender support
- Student complaints
- StudyLink (student loans and allowances)
- Suicide prevention
- Tenancy issues
- Women's Centre
- Women's Refuge Christchurch
- Work and Income New Zealand (WINZ)
- Youth helplines

Agency and/or Area	Different Areas, Contact Details
Alcohol, drugs and tobacco, including addictions assistance You must be 18 or older to purchase and consume alcohol and tobacco. Drugs are illegal.	Alcohol Drug Helpline www.alcoholdrughelp.org.nz 0800 787 797
	Amohia Te Waioira (formerly Health Promotion Agency) www.alcohol.org.nz Alcohol Drug Help: 0800 787 797 or free text 8681
	Gambling Helpline New Zealand www.gamblinghelpline.co.nz 0800 654 655 or text 8006
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	Te Puna Whakaiti Pāmamae Kai Whakapiri / New Zealand Drug Foundation www.drugfoundation.org.nz
	PGF Services (Gambling) www.pgf.nz 0800 664 262 or text 5819
	Quitline (Smoking) quit.org.nz 0800 778 778 or text 4006
Anxiety	Anxiety New Zealand www.anxiety.org.nz 0800 269 438
Assistance and access to government services in native languages	Ministry for Ethnic Communities – Te Tari Mātāwaka www.ethniccommunities.govt.nz See Web page for further information on specific phone numbers.
Bus information and timetables	Metro – Environment Canterbury Regional Council www.metroinfo.co.nz
Childcare facilities	Search Google for recommendations
Christchurch City Council	www.ccc.govt.nz (03) 941-8999 or 0800 800 169
Christchurch Public Libraries	my.christchurchcitylibraries.com (03) 941-7923
Citizen’s Advice Bureau	www.cab.org.nz 0800 367 222

Agency and/or Area	Different Areas, Contact Details
Community Law Centres	communitylaw.org.nz See Web page for further information on specific phone numbers.
Depression	depression.org.nz 0800 111 757 or text 4202
	1737.org.nz and www.mentalhealth.org.nz Call or text 1737
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	SPARX www.sparx.org.nz
Disputes Tribunal	Ministry of Justice www.disputestribunal.govt.nz
Eating disorders	EDANZ www.ed.org.nz 0800 233 269
Employment issues	Employment New Zealand (formerly Department of Labour) www.employment.govt.nz
Environment Canterbury (Canterbury Regional Council)	www.ecan.govt.nz
Family and parenting services	Family Services Directory www.familyservices.govt.nz/directory/
	Parent Help www.parenthelp.org.nz 0800 568 856

Agency and/or Area	Different Areas, Contact Details
Family violence services	Aviva Family Violence Services www.avivafamilies.org.nz 0800 28 48 26
	Are You OK www.areyouok.org.nz 0800 456 450
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	Women's Refuge womensrefuge.org.nz 0800 733 843 (Crisis line)
Grief, loss and trauma	Also see "Mental health"
	Skylight www.skylight.org.nz 0800 299 100
Harassment and discrimination (Human Rights Commission)	tikatangata.org.nz 0800 496 877
Immigration New Zealand	www.immigration.govt.nz 0508 558 855
Justices of the Peace	www.justiceofthepeace.org.nz

Agency and/or Area	Different Areas, Contact Details
Mental health	Anxiety New Zealand www.anxiety.org.nz 0800 269 438
	depression.org.nz 0800 111 757 or text 4202
	1737.org.nz and www.mentalhealth.org.nz Call or text 1737
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	SPARX www.sparx.org.nz
	Yellow Brick Road (for families of those with mental health challenges) yellowbrickroad.org.nz 0800 732 825
New Zealand legislation	www.legislation.govt.nz
New Zealand Police (Ill-treatment, harm, abuse or neglect, emergencies, other areas)	www.police.govt.nz Emergency: 111 Non-emergency: 105
New Zealand Qualifications Authority (NZQA)	www.nzqa.govt.nz 0800 697 296

Agency and/or Area	Different Areas, Contact Details
Personal health and welfare	<i>Search GPs in Christchurch area on Google</i>
	Anxiety New Zealand www.anxiety.org.nz 0800 269 438
	Coronavirus (COVID-19) Health Advice info.health.nz/conditions-treatments/infectious-diseases/covid-19 0800 611 116 (Healthline)
	depression.org.nz 0800 111 757 or text 4202
	He Waka Tapu 0800 439 252 hewakatapu.org.nz
	Healthline healthy.org.nz 0800 611 116
	Healthpoint www.healthpoint.co.nz
	Mental health – anxiety, depression, et cetera See "Mental Health"
	Rape – See "Sexual assault or rape"
	Sexual assault – See "Sexual assault or rape"
	Suicide prevention – See "Suicide prevention"

Agency and/or Area	Different Areas, Contact Details
Relevant New Zealand laws and organisations	Accident Compensation Corp www.acc.co.nz
	Oranga Tamariki – Ministry for Children www.orangatamariki.govt.nz
	Consumer Guarantees Act and Fair Trading Act / Consumer www.consumerprotection.govt.nz and www.consumer.org.nz
	Te Puna Whakaiti Pāmamae Kai Whakapiri / New Zealand Drug Foundation www.drugfoundation.org.nz
	Privacy Act (Privacy Commissioner) www.privacy.org.nz
	Smokefree law: www.smokefree.org.nz
Safety on the Roads and Driving Laws and Requirements (NZ Transport Agency)	Road Code www.nzta.govt.nz/roadcode/
	New Residents and Visitors: Driving in NZ: www.nzta.govt.nz/driver-licences/new-residents-and-visitors/
	Driver's License Requirements in NZ: www.nzta.govt.nz/driver-licences/
	Walking and Cycling in NZ: www.nzta.govt.nz/walking-cycling-and-public-transport/
Sexual assault or rape	Male Survivors Canterbury (MSC) canmen.org.nz/male-survivors-canterbury/ (03) 365 9000 or text 022 302 4966
	Sexual Assault Support (Aviva Family Violence Services) www.avivafamilies.org.nz/i-need-help/Sexual-Assault-Support/ 0800 28 48 26
	START starthealing.org (03) 355 4414
	Te Puna Oranga 0800 222 042 info@tepunaoranga.co.nz

Agency and/or Area	Different Areas, Contact Details
Sexuality education, health promotion and sexual and reproductive health services	Sexual Wellbeing Aotearoa (formerly Family Planning) www.sexualwellbeing.org.nz Make an appointment: (07) 810 6610
	Burnett Foundation Aotearoa (formerly New Zealand AIDS Foundation and Ending HIV NZ) www.burnettfoundation.org.nz 0800 802 437
	He Waka Tapu - Wāhine Ora 0800 439 252 hewakatapu.org.nz
Sexual orientation, gender and transgender support	Agender New Zealand www.facebook.com/groups/158438157582670
	Outline www.outline.org.nz 0800 688 5463
	Qtopia www.qtopia.org.nz
Student complaints (see Complaints Procedure)	Study Complaints – Ngā amuamu tauira 0800 00 66 75 www.studycomplaints.org.nz
StudyLink (Student Loans & Allowances)	www.studylink.govt.nz 0800 88 99 00
Suicide prevention	Lifeline Aotearoa www.lifeline.org.nz 0800 543 354 or text “Help” to 4357
	Tautoko Suicide Crisis Hotline 0508 828 865
Tenancy issues	Tenancy Services Ministry of Business, Innovation & Employment www.tenancy.govt.nz 0800 83 62 62
Women’s Centre	www.womenscentre.co.nz (03) 371 7414
Women’s Refuge	See Family Violence Services
Work and Income New Zealand (WINZ) – (Benefits, etc.)	www.workandincome.govt.nz Most services are online

Agency and/or Area	Different Areas, Contact Details
Youth helplines	The Low Down thelowdown.co.nz
	Youthline www.youthline.co.nz 0800 37 66 33 or free text 234
	What's Up (for 5 to 19 year olds) www.whatsup.co.nz 0800 942 8787