

FEELING ANXIOUS?

CALL OUR FREE NATIONAL 24/7
ANXIETY HELPLINE:

0800 269 4389
(0800 ANXIETY)

PLEASE CALL IF YOU OR SOMEONE
YOU KNOW MAY BENEFIT FROM:

- Brief intervention to alleviate Panic, Anxiety or Stress.
- Anxiety management support, advice or encouragement.
- Education about Anxiety and associated issues.
- Information about other support services.
- Coping strategies for Stress, Panic Attacks, Phobias, Obsessive Compulsive Disorders, Social Anxiety.

Our Anxiety Helpline supports people throughout
New Zealand 24/7* everyday of the year.

(*Midnight to 8am is for callers experiencing severe anxiety only)

ABOUT US

Anxiety New Zealand Trust is a national charity with Auckland based peer support and clinical services. Since 1980 we have provided education, support and treatment for Anxiety, Stress, Depression and other related issues for people of all ages and their families. Services include support, assessment and therapy with a registered Psychologist or Doctor, free Peer Support Groups, workshops, community education and free 24/7 national Anxiety Helpline. For more information please call **09 846 9776** or visit our website: **www.anxiety.org.nz**

