

***Include a bequest in your Will to be certain that your final act of generosity will help people who suffer from mental health issues.***

Big or small, your bequest will be greatly appreciated. Making a Will helps to ensure your specific wishes are honoured – that the people and places that are meaningful to you are supported. A legacy gift to Anxiety New Zealand Trust can make a long lasting difference in the lives of children, youth and adults in New Zealand.

1. **How a bequest can help:**

Anxiety New Zealand Trust is non-profit, registered charity and we help people who suffer from mental health problems. We estimate that anxiety, panic attacks and phobias impact 1 in 4 Kiwis every day. It is our commitment to help those people to make the journey to wellness.

1. **Different types of bequest:**
2. Bequest of all or a share of net estate

The net estate is the amount left after all other gifts have been made. This is the simplest way to support us after making sure that provisions have been made to loved ones.

1. Fixed sum bequest

This is a bequest for a specific amount of money.

1. Specific gifts/bequests

Your gift need not be cash. You can give shares, bonds, jewellery or valuables, an insurance policy or even real estate property.

1. **Talk to our Team:**

It is up to you whether you tell us you have chosen to support our charity. However we welcome you to call us to meet for a confidential, no-obligation chat about how your bequest can make a difference. We will be able to let you know how your gift will allow us to continue our work. If you have any specific wishes then this is an opportunity to discuss them and give us the opportunity to thank you in your lifetime.

1. **Have a chat to your family and solicitor:**

We strongly recommend you speak to your family and friends about your decisions. This means they can support the achievement of your specific wishes when the time comes.

1. **Information on how to prepare a will:**

A will must also be signed and witnessed. If the proper procedures are not followed, a will may not be valid. Wills don’t have to be pricey. Some lawyers will even write one for free, so there’s no harm asking around.

Online platforms such as Justly or LawHawk also offer low-cost options. You can also find planning help at Te Hokinga a Wairua.

1. **Suggesting wording:**

Please use our official charity name Anxiety New Zealand Trust You will also need to include our official charity number. Anxiety New Zealand Trust is a registered charity (CC20141) under the Charities Act 2005.

If you choose to leave Anxiety New Zealand Trust is a gift in your will, the following wording is suggested:

*“I give to Anxiety New Zealand Trust the sum of $\_\_\_\_\_\_\_ (or a percentage, or the residue of my Estate, or a description of the property or asset given) for its general purposes and declare that the receipt of the Executive Director of the Foundation or other proper officer shall be sufficient discharge for my Trustee”.*

1. **Thank you!**

Your gift to support Anxiety New Zealand Trust will leave a legacy that will continue to make a difference for years to come.

To request a copy of our brochure or to meet with us please call us on 09 846 9776 or email clinic@anxiety.org.nz