

**Feeling Anxious?**

**Call our FREE  
National 24/7**

# **Anxiety Helpline**



**0800 ANXIETY**  
(0800 269 4389)

Our ANXIETY HELPLINE supports people  
throughout New Zealand, 24/7\*, every day of the year

(\* Please note that midnight to 8am is for callers experiencing severe anxiety only)

## **Please call if you, or someone you know, may benefit from:**

- ✓ Brief Interventions to Alleviate Panic, Anxiety, or Stress
- ✓ Anxiety Management Support, Advice, Encouragement
- ✓ Education about Anxiety & Associated Issues
- ✓ Information about Other Support Services
- ✓ Coping Strategies for Stress, Panic Attacks, Phobias,  
Obsessive Compulsive Disorders, Social Anxiety, etc

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:

**[www.anxiety.org.nz](http://www.anxiety.org.nz)**