

YOU CAN DO IT NOW

Box Breathing Exercise

Breathe in to a count of 4	1	2	3	4
Hold for a count of 4	1	2	3	4
Breathe out to a count of 4	1	2	3	4
Pause for a count of 4	1	2	3	4

Breathing changes how we feel. Taking deep, slow, breaths signals to our body to calm, focus and reset. Practice in a quiet, comfy place. Purse your lips and breathe nice and slow.

Helpline Collaboration Group

Coordinated by Anxiety NZ, for tele-mental health services across Aotearoa NZ.

Our vision is a well-connected tele-mental health system that provides quality, accessible, and equitable support for everyone.

Volunteering

Anxiety NZ deeply appreciates the generous support given by our Volunteer Workers to help us provide important and valued services and resources for people and families.

If you're interested in volunteering in our service, on our 0800 ANXIETY Helpline or you'd like to offer your skills in a specialist role, we'd love to hear from you! **Visit: anxiety.org.nz/volunteer**

Connect with us.

Anxiety NZ is a charity that works across Aotearoa, NZ. We offer therapy appointments online nationwide and in-person in Tāmaki Makaurau Auckland alongside Peer Groups, National Community Education and the free 24/7 National 0800 ANXIETY Helpline.

Funding may apply for those on low income.

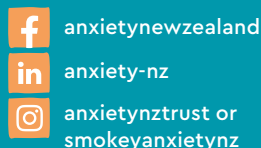
Sign up to our digital newsletter for helpful tips and free resources.

anxiety.org.nz

Donate

You can make a difference in the lives of the people and families needing mental health support. Anxiety NZ needs donations to provide important and urgent support now. **Visit: anxiety.org.nz/donate**

Contact us if you'd like to learn about making a bequest. Be certain that your final act of generosity will help improve mental health and resilience for tamariki, rangatahi, pakeke and whānau. Tēnā koe!



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AnxietyNZ
HERE FOR YOU

SUPPORT FOR Mental Health & Well-being

Hinengaro Hauora
Mauri Ora

anxiety.org.nz

For a resilient and thriving
Aotearoa, New Zealand.

Our Mission

We are here to help grow the mental health and wellbeing of people in Aotearoa, New Zealand. Providing support, education, and treatment for tamariki/kids, rangatahi/young people, pakeke/adults and whānau/families living with anxiety and other mental health experiences.

Our Services

- Free Peer Support Groups
- Free online eNewsletter and online content
- Therapy Services (in-person and online therapy)
- Mental Health GP Services
- Workshops and Courses
- Community Education and Collaboration
- Volunteer Training and Internship Programmes
- National Helpline Collaboration Group
- Free National 24/7 Helpline

We continue to strengthen our commitment to Te Tiriti o Waitangi and improving hauora and supporting healthy futures for Māori.

YOU CAN DO IT NOW

Drop Your ACE Anchor



- A Acknowledge**
Silently and kindly observe what's going on for you (thoughts, feelings, sensations, memories, urges)
- C Come back into your body**
Push your feet into the floor. This is dropping your anchor. Come back and connect with your physical body.
Straighten your back and take a slow, deep breath.
- E Engage in what you are doing**
Refocus on where you are and what you're doing. Name 5 things around you, 4 things you can hear, 3 things you are touching, 2 things you smell, 1 taste in your mouth.
Finish the exercise by giving full attention to your next task or activity.

Top Tips

FOR GREAT MENTAL HEALTH

- 1. Daily basics:** Focus on what you can control. Take care of your physical, emotional, social, and spiritual needs through regular activities that improve your mood and wellbeing.
- 2. Stay active:** Regular movement keeps us healthy, improves mood, and reduces symptoms of anxiety and depression.
- 3. Nurture relationships:** Growing and keeping healthy relationships, friends, and community builds positive mental health and resilience. Take action to find mental health support and resources that work for you. If your symptoms go on a long time or cause distress, speak to your GP.
- 4. Support is always important:** Connect with supportive family and friends. If you're in distress contact your community mental health team or call 111.
- 5. Keep progressing:** Focus on the things you have the power to change, rather than the circumstances you don't. Think about your options and make a plan of action. Once you start doing something about the problem, you'll feel much less anxious.

Ko ngā tāngata, te mātua mahi
Putting people at the heart of all we do.

Free National 24/7 Helpline:

0800 ANXIETY

0800 269 438 – Here for you,
24 hours a day, 7 days a week.

Clinical Services

We offer therapy for all ages with a psychologist or psychotherapist in-person in Tāmaki Makaurau Auckland, or online anywhere in Aotearoa. Our clinical services are supported by a Mental Health GP for people aged 17+. We work alongside people to help achieve their mental health and life goals.

We offer therapy services for people experiencing anxiety or related issues and who have low-moderate safety risk. We don't offer crisis services.

You can be referred by a Health Professional, a family member, or yourself. Please note we may not be able to offer an appointment for all people seeking support. Reach out so we can discuss how we can best help you.

Please note we have a 'Did Not Attend' policy to reduce missed appointments and to keep our services available to others.

Free National 24/7 Helpline

0800 ANXIETY is free and suitable for all ages. Our helpline is a place to quickly access brief advice and education. You can practice anxiety management strategies over the phone with a real person anytime. Please note this is not a counselling or crisis line.

Peer Groups

Anxiety NZ offers free Peer Support Groups for people ages 18+ in Tāmaki Makaurau Auckland.

Our peer support groups meet regularly in-person in St Lukes and the North Shore and are facilitated by trained peer support specialists. They are regular gatherings of people with lived experience of anxiety and are a safe and supported space for sharing and developing skills to live well.

Places are limited and a referral is needed.
Visit: anxiety.org.nz/peer

anxiety.org.nz

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Aotearoa, New Zealand.