



AnxietyNZ
HERE FOR YOU



Free National Anxiety Helpline

0800 269 438

For when you or a loved one is feeling stressed or anxious. Here for you when you need us, 24 hours a day, 7 days a week.

Waea mai ki a mātau – Give us a call!

Call us if you or someone you know may benefit from:

- Brief interventions to help reduce stress or anxiety
- Anxiety management support, advice and encouragement
- Education about anxiety and associated issues
- Information about other support services
- Coping strategies for stress, panic attacks, social anxiety, OCD and more

Feel empowered today with free mental health resources and tools at:



anxiety.org.nz

