

# Counselling

*Support to reach your goals*

**English, Mandarin and Cantonese Speaking Clinicians  
Available Now**

**Inclusive &  
Supportive**



**Safe &  
warm**



**Accessible  
Counselling**




Counselling offers a safe and supportive space to explore personal challenges, build resilience and achieve positive goals and emotional wellbeing.

If you're experiencing anxiety, grief, life transitions, or stress — our counsellors are here to support you in a culturally respectful, low-cost service.

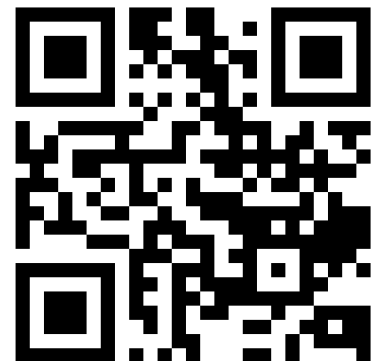
Full funding may apply (low income earners or youth).

 **Online or In-person St Lukes, Auckland**

 **Learn More: [anxiety.org.nz/counselling](https://anxiety.org.nz/counselling)**

 **Call: 09 846 9776**

 **Email: [reception@anxiety.org.nz](mailto:reception@anxiety.org.nz)**



*Anxiety NZ is a registered charity supporting mental health and wellbeing in Aotearoa.  
Please note: This service is not suitable for people in crisis, or with complex or high-risk mental health needs.*