

# Feeling stressed or anxious?

Wāea mai ki a mātau

Give us a call

Free 24/7 National Helpline

**0800 ANXIETY**

**0800 269 4389**

Our 0800 ANXIETY Helpline supports people across Aotearoa 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 help reduce stress or anxiety
- Anxiety management support, advice, encouragement
- Education about anxiety and associated issues
- Information about other support services
- Coping strategies for stress, panic attacks, social anxiety, OCD, etc

Further information at [www.anxiety.org.nz/helpline](http://www.anxiety.org.nz/helpline)

Anxiety NZ is a non-profit charity providing mental health support, treatment, and education for a resilient and thriving Aotearoa since 1980. Connect with us for 1:1 therapy, peer groups, or mental health resources, at [reception@anxiety.org.nz](mailto:reception@anxiety.org.nz), 09 846 9776, [Facebook/anxietynewzealand](https://www.facebook.com/anxietynewzealand), [Instagram/anxietynztrust](https://www.instagram.com/anxietynztrust), or at

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

**Anxiety**NZ  
HERE FOR YOU