



# Anxiety New Zealand Trust

## 24/7 Anxiety Helpline

If you're feeling anxious and would like to talk to someone about anxiety relief - wherever you are in New Zealand - you can phone our free 24 hour Helpline:

**0800 ANXIETY (0800 269 4389)**

Our Helpline gives vital support to hundreds of people each month who experience all forms of anxiety, including Panic Attacks, Phobias and Obsessive Compulsive Disorders.

If you suffer from anxiety, or have an anxious relative or friend you'd like to help, please call us for support and information about anxiety and anxiety management strategies.

This service is completely confidential and free of charge. It is the only service of its type in New Zealand.

### **Who Can Ring the Helpline?**

- Anyone who is struggling with ongoing stress, Anxiety, Panic Attacks, Obsessive Compulsive Disorders, Phobias, and associated issues.
- Concerned family members, loved ones, and supporters of anyone in an anxiety-related crisis.

### **What Do We Provide?**

- We will listen and support you with empathy and unconditioned acceptance.
- We can take you through breathing and relaxation exercises that are really effective in minimising feelings of anxiety and panic.
- We can discuss practical strategies you can learn and apply whenever anxiety and panic starts to feel overwhelming.
- We will offer encouragement, education, and advice for anyone who is supporting someone struggling with anxiety.

### **Who Will I Be Talking To?**

Our Helpline is staffed by specially trained and understanding volunteers. If you are experiencing anxiety or panic and don't know what to do, our Helpline staff are well equipped to walk and talk you through the experience.

### **Is This Really a 24/7 Service?**

Yes it is! We operate all hours, every day of the year, including public holidays. However, please keep in mind that 12am-8am is reserved for severe anxiety situations only.

Whatever the hour, if the line is temporarily busy when you call, please try again a few minutes later and one of our volunteers will be available to take your call.

Please remember to call 111 in more urgent situations.

**FOR FURTHER INFORMATION ABOUT THE ANXIETY HELPLINE  
VISIT [www.anxiety.org.nz](http://www.anxiety.org.nz) or EMAIL [helpline@anxiety.org.nz](mailto:helpline@anxiety.org.nz)**