

# MEDIA ONE-SHEET

## WELCOME TO ANXIETY NEW ZEALAND TRUST

We are a non-profit, registered charity and since 1983 our team of specialist psychologists have been helping thousands of New Zealanders experience recovery from anxiety, depression, OCD and phobia. Our clinic is located in St Lukes, Auckland and we provide our services regardless of a person's financial situation, ethnic background or previous experience of mental health treatment.

## OUR MISSION

We aim to improve the recognition of anxiety disorders in New Zealand, provide treatment and support to people with anxiety related conditions and their families. We do this through the provision of high quality clinical services, utilising the lived experience of our team, and the dedication and support of volunteer staff. We also advocate for funding and support research into the determinants and treatment of anxiety disorders.

## HOW WE TREAT

Much of our treatment process is based around one-to-one therapy sessions with a qualified clinical psychologists. We help clients understand and identify their specific condition, what triggers it, why they react the way they do both physically and mentally.

The definition of 'recovery' varies from person to person and we also run self-help workshops that enable clients to continue to maintain an ongoing process of understanding and management after they have completed their one-to-one treatment program. Our clinicians work with clients to create an effective individualised treatment plan.

## 24/7 HELPLINE

0800 269 4389

Our national 24/7 Helpline gives vital support to hundreds of people each month who experience all forms of anxiety, including Panic Attacks, Phobias and Obsessive Compulsive Disorders and is staffed by specially trained volunteers.



## WHAT WE TREAT

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| <ul style="list-style-type: none"> <li>• Phobias</li> <li>• Social Anxiety Disorder</li> <li>• School Phobia</li> <li>• Agoraphobia</li> <li>• Mono or Specific Disorders</li> <li>• Selective Mutism</li> </ul> | <ul style="list-style-type: none"> <li>• Body Dysmorphia</li> <li>• Trauma and Stressor Related Disorders</li> <li>• Trichotillomania</li> <li>• Dermatillomania</li> <li>• Kleptomania</li> </ul> |
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### ANXIETY & DEPRESSION

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| <ul style="list-style-type: none"> <li>• Generalised Anxiety Disorder</li> <li>• Separation Anxiety Disorder</li> <li>• Selective Mutism</li> <li>• Depersonalization Disorder</li> <li>• Compulsive Gambling</li> </ul> | <ul style="list-style-type: none"> <li>• Panic Attacks</li> <li>• Panic Disorder</li> <li>• Obsessive Compulsive Disorder (OCD)</li> <li>• Eating Disorders</li> <li>• Health Anxiety</li> </ul> |
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## CONTACT

Sarah Wollard, CEO

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

**Phone:** 09 846 9776

If you require an immediate response from Sarah out-of-hours to an occurring event in the public space, please call the 24/7 Helpline number:  
0800 269 4389

We are open to working with a range of media, including students. Our team includes general, counselling, clinical psychologists and specialist mental health GPs who may be available for filming, audio recording, commenting or advising on issues. We are often able to respond at short notice, on or off-site.

## GUIDELINES FOR MEDIA

['Portrayal of people living with mental illness and mental health issues in Aotearoa'](#), provided by [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

[Media portrayal checklist](#) provided by [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)