

Request for Services - Self Referral for Therapy

Thank you for your interest in services with Anxiety NZ. Before submitting this self-referral, please take time to read the following. This will help to connect with the right services quickly.

1. It costs \$185 for an assessment and each therapy session with a psychologist. Our clinical services are not automatically government funded. Please note we have a 'Did Not Attend' Policy to help reduce missed appointments and keep our services available to others.
2. Funding may apply through Studylink or Work and Income. This is for low-income earners, students, or children at up to \$70 a week towards the cost of therapy.

To get the WINZ Disability Allowance funding you will need to complete a form that our psychologist and (your/our) GP also signs. You need to upload or give the form to WINZ directly and use the weekly funding given to you to pay for therapy at Anxiety NZ. We can assist with providing the WINZ forms, signing and explaining the process. Please check you are eligible if you need funding or contact us for advice before referring.

For more information including low-income thresholds visit: [Funding and treatment costs | Anxiety NZ](#). Insurance may also apply.

3. *Anxiety NZ offers several services:*

- ✓ Our 5 [Peer support groups | Anxiety NZ](#) in Tāmaki Makaurau / Auckland are free to join (referral is needed – you can let us know below).
- ✓ Our 24/7 national 0800 Anxiety Helpline (0800 269 4389) is free to call.
- ✓ Visit our website for free [Resources | Anxiety NZ](#)
- ✓ Join our free eNewsletter for updates and advice [Sign up to our newsletter | Anxiety NZ](#)

4. Anxiety NZ may not be able to provide therapy or peer support services to all people. This is based on our resources at any time or the space available and the support we offer. We are not a crisis service which means we are not the right place for support while people are currently in crisis or experiencing high risk.

We encourage people in crisis to visit [I Need Help Now | Mental Health Foundation](#)

5. You can read [our Privacy Policy here](#).

6. You can also ask a family member or supporter or GP or other health services to refer you if you prefer. Visit [Referrals | Anxiety NZ](#) for info.

Please confirm that you have read the above, that you consent to a self-referral and for us to contact you by ticking this box:

You are welcome to complete this form and email it to reception@anxiety.org.nz or drop it off to our clinic in our opening hours.

Thank you, Anxiety NZ

Mental health support, treatment, and education for a resilient and thriving Aotearoa.

T: 09 846 9776 | W: anxiety.org.nz | Free 24/7 **0800 ANXIETY helpline** (0800 269 4389)

| 77 Morningside Drive, Mt Albert, Auckland 1025 |

For mental health resources and information visit [Anxiety NZ - Welcome! Nau mai, haere mai! | Anxiety NZ](#)

Date:

First name:

Last name

Date of birth:

Address:

Email:

Best Contact number:

- Have you previously engaged with mental health or psychological services: Yes / No
If yes, please give details including when.

- Do you have a mental health diagnosis? Yes / No

If yes, please state diagnosis, including when and who made the diagnosis.

- What issues are you currently experiencing that you would like support with?
Please give brief details about what is going on and the help you want from us.

- How long has your current situation been happening?

- Have you experienced difficulties like this, or other significant periods of stress or mental health challenges previously in your life?"

- Are you currently taking medications? (Mental health related only) Yes / No
If yes, please state what medications you are taking and how often.

- Do you feel you are currently at risk of harm? (From yourself or others)

- Have you previously self-harmed? Yes / No
If yes, please give details including when.

- Do you have support?
If yes, please give details of your mental health and wellbeing support.

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- Are you using Alcohol or Other Drugs to cope?

If yes, please give details.

Which service/s of Anxiety NZ are you interested in? (Please tick all that apply)

- Assessment and therapy with a psychologist
- Peer Support Group
- Mental Health GP - we offer therapy supported by psychiatric assessment and medication monitoring (please note we have limited Mental Health GP hours and these are reserved for people engaging in therapy with a psychologist with us)

Please tell us a bit more about what you are looking for:

- Do you have referred days and times for appointments?
- Do you want in-person appointments (Auckland only), online appointments (available nationally) or the option for both?
- Is there anything else you'd like us to know?
- Will another referral from your GP, Counsellor, Mental health worker be sent through?

Please email your completed form to: reception@anxiety.org.nz

Thank you and we will be in touch shortly.

Ngā mihi nui,
Anxiety New Zealand Trust.