

New Support at Hearts & Minds

FREE: Online Groups - Boost Your Mental Wellbeing

FREE: Phone Counselling - One-to-one Support

For more information:

Email: learning@heartsandminds.org.nz

Phone: 021 706 393

FREE

Online Support Groups

Boost Your Mental Wellbeing

Free Wellbeing Groups led by Qualified Therapists / Counsellors

- Managing Anxiety in Times of Stress
- Building Self-Esteem during Challenging Times
- Mindfulness and Stress Management

FREE

Phone Counselling

Connect with Caring Professionals

Support is only a Phone Call Away Offering two *free* ½ hour sessions

- One-to-one support with Qualified Counsellor
- Tips and tools for managing anxiety and stress
- Confidential, personalised support