

Free counselling services

Things getting on top of you?

Got family, money, drugs or alcohol problems?

Need someone to talk things through with?

Everyone has personal problems sometimes.

Things like work stress, relationship worries, money problems, depression, grief, violence or drugs or alcohol use.

Sometimes these problems can feel over-whelming. They can even start affecting your work or make you sick. If that sounds like you – then it's time to get help.

Your employer can put you in touch with a professional counselling service – so you can talk your problems through with someone who is trained and independent.

This counselling service is free for you. Your employer pays for it. It's also confidential – so your boss doesn't get any details of what you've talked about with your counsellor.

How can I get this help?

You need to talk to your boss or employer to get access to this service. They will contact Vitae and request an appointment on your behalf.

Confidentiality

Anything you discuss remains confidential. No one else gets details about these discussions without your permission - unless the counsellor believes you or someone else is at risk.

Who provides the counselling?

The counselling is provided by an independent company called Vitae. Vitae has a nationwide team of qualified counsellors and psychologists. You can find out more about Vitae at: www.vitae.co.nz .

If you think you need help talk to your boss today and see if they can help you access free counselling.