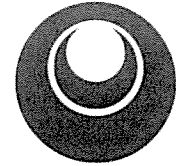


18th April 2016



Anxiety
New Zealand
TRUST

Anxiety New Zealand is pleased to offer psychological services in Mandarin and English.

We can offer expert therapy and support for children, adolescents and adults experiencing stress, anxiety, post-traumatic stress disorder, depression and other anxiety related issues.

Low income earners including students or retirees may access up to 30 funded (free) appointments. We are open Monday – Saturday including late nights Thursdays. Unlimited free Interpreting Services via phone may also be available in other languages. Assistance with booking appointments in Mandarin or other languages is also offered.

Introducing Szu-Ying (Xavier) Chiang: Xavier is a clinical psychologist registered in both New Zealand and Taiwan. He is currently a Ph.D. candidate in Psychological Medicine at the University of Auckland. Previously trained at Palo Alto University, California, America in clinical psychology, he has worked in a wide range of clinical settings in Taiwan and America, such as psychiatric hospitals, community mental health centres, university counselling centres, and substance abuse treatment programs. His therapeutic approach is primarily Cognitive Behavioural Therapy with a take on psychodynamic perspective. He can provide services in English and Mandarin Chinese.

江思穎是在紐西蘭與台灣均有註冊合格的臨床心理師，他目前在奧克蘭大學心理醫學博士班就讀。過去曾在美國加州的帕羅奧圖大學就讀臨床心理學，並在台灣與美國各種類型的臨床院所工作，例如精神科醫院、社區心理衛生中心、大學諮商中心和物質濫用治療所。他的主要治療取向為認知行為治療，同時也參考了心理動力學派的觀點。他可以用中文(普通話)和英文提供服務。

- 1:1 therapy with Psychologists 與心理師的個別心理治療
- Psychiatrist or Specialist GP assessment 精神科專門醫師會診
- FREE Support Groups for service users and their families 免費的個案與家屬支持團體
- FREE 24-hour, National Anxiety Support line (0800 ANXIETY) 免費的二十四小時全國 (0800 焦慮) 支持熱線
- FREE iphone app 'Mood Diary' 免費的蘋果手機軟體 “心情日記”
- FREE staff training for health professionals 免費的健康專業職員訓練
- FREE interpreting services 免費的口譯服務
- A variety of courses and workshops 其他各類課程與工作坊

Kind regards

Sarah Woollard
General Manager

☎ 09 846 9776

☎ 09 849 2375

🌐 anxiety.org.nz

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24-hour Anxiety line
0800 ANXIETY
(0800 2694 389)