



PROFESSIONAL COUNSELLING FOR SURVIVORS OF CHRISTCHURCH MOSQUE ATTACKS

Victim Support is working with the Canterbury District Health Board (DHB), local General Practice teams, and local counselling agencies to ensure those affected by the Christchurch mosque attacks have access to professional counselling.

Why is counselling important?

The severe impacts of both physical and mental trauma can be felt for many years and affect people in many ways.

Impacts can include ongoing fear for one's own safety, anxiety, anger, guilt, deep sadness, and physical symptoms such as insomnia, loss of appetite and body aches.

If you think someone needs help, you can refer them to professional counselling via Victim Support.

Victim Support counselling is free of charge.

Victim Support can arrange up to 30 **free** counselling sessions with a professional, pre-approved counsellor.

We can also cover some counselling-related travel costs.

All counselling must be pre-approved.

Who can access counselling?

Counselling is available to all victims of the attacks who have a Victim Support Worker (not just people who received lump sum payments from Victim Support).

Victim Support can also arrange counselling for family members, as long as they are registered with us and meet the eligibility criteria.

What is the referral process?

If someone already has a Victim Support worker you (or they) can get in touch with the Support Worker direct to arrange counselling on **0800 VICTIM (0800 842 846)**.

If someone does not have a Victim Support Worker, please call us on **0800 VICTIM (0800 842 846)** or email chchresponse@victimsupport.org.nz to discuss eligibility and access.

Once someone meets the criteria for funded counselling, Victim Support provides them with a list of Victim Support registered counsellors in their area to choose from.