



PROFESSIONAL COUNSELLING FOR SURVIVORS OF CHRISTCHURCH MOSQUE ATTACKS

Victim Support provides people affected by the Christchurch mosque attacks with 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 your own safety, anxiety, anger, guilt, deep sadness, and physical symptoms such as insomnia, loss of appetite and body aches.

Sometimes the pain is too difficult to handle. If you are suffering, you don't have to cope alone.

Victim Support can refer you to professional counselling.

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.

Who can access counselling and how?

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.

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

If counselling is something you - or someone in your family - would find helpful, please get in touch with your Victim Support Worker or contact Victim Support on 027 290 8047 or chchresponse@victimsupport.org.nz.