

# Counselling Services Tari Whakapakari Ngākau



A free counselling service  
provided to the Licenceholders of  
Harness Racing New Zealand

## If you need assistance with –

- Personal or workplace stress
- Relationship problems
- Conflict situations
- Anxiety/ depression
- Anger/ Violence
- Grief/ loss
- Harassment
- Personal trauma
- Addictions
- Budget advice

Call **0508 664 981** 24/7 or complete the online referral form at [vitae.co.nz/referral](http://vitae.co.nz/referral)



 0508 664 981  
 [assistance@vitae.co.nz](mailto:assistance@vitae.co.nz)  
 [vitae.co.nz](http://vitae.co.nz)