

Your free counselling service

One of the many benefits of being a ServiceIQ workplace trainee or apprentice is access to free and completely confidential counselling through our provider Vitae.

Wellbeing is important to everyone, so if you need help, wherever you are in Aotearoa New Zealand, any time of the day or night, please contact Vitae.

When Vitae asks who you are training with, tell them: **ServiceIQ**.

What Vitae offers:

- ▶ **Free confidential counselling**
- ▶ **Choice of counsellor**
- ▶ **A 24/7 contact centre and duty counsellor for emergencies**
- ▶ **Rongoā Māori**

Rongoā Māori is a holistic and cultural healing practice that incorporates deep, personal connections with the natural environment. It uses but is not limited to Mirimiri (bodywork), Whitiwhiti kōrero (support and advice) and Karakia (prayer). Support is delivered in person, and each practitioner approaches the session uniquely for each individual's requirements – very much like counselling.

Rongoā Māori is currently available in the following areas: Auckland, Whangārei, South Waikato, Tauranga, Gisborne, Napier, Rotorua, Taupō, New Plymouth, Wellington, Christchurch.

Through this service you will be able to address issues such as:

- ▶ personal, workplace learning, or other stress
- ▶ relationship problems
- ▶ conflict situations
- ▶ anxiety / depression
- ▶ grief / loss
- ▶ violence
- ▶ harassment
- ▶ personal trauma
- ▶ addictions

It's easy to get in touch:

- ▶ Scan the QR code to book an appointment
- ▶ Visit the website **vitae.co.nz**
- ▶ Free phone **0508 664 981** for 24/7 access

