



Asian Family Services
Together enriching lives

Contact us now
We're ready to listen

Contact us
Asian Helpline
0800 862 342

To make an online referral
visit our website:

www.asianfamilyservices.nz

Email: help@asianfamilyservices.nz

Counselling
Psychological Services
Consultations

Professional
Confidential

About us

Asian Wellbeing Services (AWS) is part of Asian Family Services. It was established in 2016 to provide professional and confidential psychological interventions, and tailor-made psychoeducation and therapy workshops.

Auckland

Level 1, 128 Khyber Pass Road,
Grafton, Auckland, 1023

Wellington

Level 3, 5-7 Vivian Street, Wellington, 6011

Hamilton

109 Angelsea Street, Hamilton, 3204

Facebook: www.facebook.com/nzafs

Wechat ID: AFS0800862342



Hello

Xin chào
你好

안녕하세요

ສາວສດີ नमस्ते こんにちは



Asian Wellbeing Services

Private
Professional

Respectful
Client-centred



Our services include:

- Asian Helpline
- Public health
- Free counselling for anyone affected by gambling harm
- Psychological services
- Social work
- Peer support
- Parenting programmes
- Staff support services

We can help with

- Stress management
- Anxiety management
- Anger and conflict issues
- Family relationships
- Couple relationships
- Cultural adjustment
- Grief and loss
- Self-esteem
- Life transition and personal development
- Career planning

Our team

We are an experienced team of registered professionals offering a wide range of counselling and psychological services. Our staff include social workers, counsellors, arts therapists, psychologists, psychotherapists, and clinical psychologists. Our services are culturally appropriate and multi-lingual.

Fees may vary depending on the type of service provided.



Courageous
Professional

Social Justice

Specialist services

- Trauma
- Depression
- Panic attacks
- Sexual abuse
- Addiction
- Postnatal depression
- Gender identity
- Mental health disorders