

3DHB Equity Initiative

COVID-19

Counselling Fund





What is the counselling fund?

COVID-19 has had a big impact on disabled people's lives, routines, and mental wellbeing.

If you have been affected by COVID-19 and would like to access counselling or other mental wellbeing support services, you can apply to the DHB for funding to pay for it.

Who can apply to the counselling fund?

You can apply if:

- You are a disabled person, or you have a family or whānau member with a disability
- You live in Wellington, Porirua, Kāpiti Coast, Lower Hutt, Upper Hutt or the Wairarapa
- You would like counselling support for anything related to COVID-19



What counts as COVID-19 related?

COVID-19 has impacted everyone in different ways.

You may have had difficulty accessing services, or changes with your support arrangements.

You may feel that you missed out on information, or events that were important to you.

You may have faced challenges at home, work or school.

Counselling is a good way to express how COVID-19 and the lockdown have made you feel.



How do I apply?

Pam MacNeill is administering the application process. Send an email to her here: pam@drnz.co.nz.

Make sure to include:

- Your name
- The area you live in
- Which counsellor or other professional mental health support service you would like to talk to
- The cost of the appointment

Pam will be in touch with you to let you know if your request was approved.



What happens next?

If your request is approved, you can organise an appointment with the counsellor or other professional mental health support service of your choice, and we will arrange the payment.

We may fund up to three sessions, between now and 9 August 2020 inclusive.