

- Our phone line is temporarily operating with reduced hours. You can call us between 9am and 3pm Monday to Friday. [Contact us](#)

- [Contact us](#)
- [News and events](#)
- [Need urgent help now?](#)

Search

Search

- [Get support](#)

The support you may be able to get depends on your circumstances.

[Currently serving](#)

Support while you're still serving.

[Ex-serving](#)

Support once your regular service has finished.

[Family and whānau](#)

Here's how we can support you, and how you can support your family and whānau.

[Non-military personnel](#)

Non-military personnel can have Qualifying Operational Service in certain circumstances.

- [Remembrance](#)

We're proud to honour the service of the veteran community.

[Services Cemeteries and plaques and headstones](#)

We help look after Services Cemeteries. We're also able to contribute towards plaques and headstones.

[Commemorative funding](#)

There are two types of financial contributions available from the Commemorative Fund.

[Medals and service records](#)

The NZ Defence Force's Personnel Archives and Medals team administer medals and hold most New Zealand military service records.

[When someone dies](#)

We may be able to provide support when someone who had Qualifying Service dies.

[Your family's military history](#)

Learning more about your family's military history is a great way to honour their service.

[Certificate of Appreciation and Veterans' Pins](#)

The Certificate of Appreciation and Veteran's Pin recognise operational service.

- [Eligibility](#)

To be eligible to receive support from us, you—or certain family members—need to have Qualifying Service.

[Check your eligibility](#)

Check the support, services, or entitlements you may be able to get from us.

[Qualifying Service](#)

To get support from us you — or certain family members — need to have Qualifying Service.

[Living outside NZ](#)

You can still get support from us even if you live outside NZ.

[Eligibility criteria for family and dependants](#)

You may be able to get support if you're the spouse, partner, child or dependant of someone with Qualifying Service.

[Veterans of foreign militaries](#)

Veterans' Affairs New Zealand was established to support New Zealand veterans.

- [For clients](#)

We put veterans and our clients at the heart of everything we do.

If you have a question at any stage please contact us—we're here to help.

[How we'll work with you](#)

We'll work with you to help you get the best support available.

[Your treatment card](#)

Your treatment card helps you get no-cost treatment and medication for your approved conditions.

[Your rights and responsibilities](#)

We want to make sure you have the best possible experience when you deal with us.

[Payments](#)

Information on payment rates and dates.

[How we make decisions](#)

We use a number of tools and processes to make decisions. This helps ensure each decision we make is fair and treats our clients consistently.

[Living outside NZ](#)

You can still get support from us even if you live outside NZ.

[Other benefits](#)

You may be able to access a range of discounts and benefits. Not only that, your family may get access too.

- [For providers](#)

Information for providers of services to Veterans' Affairs and our clients.

[Treatment cards and letters](#)

To help you identify our clients, we issue treatment cards and letters.

[Invoicing us](#)

How to invoice us to ensure we pay you quickly and correctly.

[Treating our clients](#)

Information for healthcare professionals providing treatment to our clients.

[Councils and local authorities](#)

Guidance for councils and local authorities relating to services cemeteries and memorials

[Forms](#)

Forms for our clients, family and whānau, and our providers.

- [Get support](#)

[Back](#)

[Get support](#)

The support you may be able to get depends on your circumstances.

[Currently serving Ex-serving Family and whānau Non-military personnel](#)

- [Remembrance](#)

[Back](#)

[Remembrance](#)

We're proud to honour the service of the veteran community.

[Services Cemeteries and plaques and headstones Commemorative funding Medals and service records](#)

[When someone dies Your family's military history Certificate of Appreciation and Veterans' Pins](#)

- [Eligibility](#)

[Back](#)

[Eligibility](#)

To be eligible to receive support from us, you—or certain family members—need to have Qualifying Service.

[Check your eligibility Qualifying Service Living outside NZ Eligibility criteria for family and dependants](#)

[Veterans of foreign militaries](#)

- [For clients](#)

[Back](#)

[For clients](#)

We put veterans and our clients at the heart of everything we do.

If you have a question at any stage please contact us—we're here to help.

[How we'll work with you Your treatment card Your rights and responsibilities Payments How we make decisions Living outside NZ Other benefits](#)

- [For providers](#)

[Back](#)

[For providers](#)

Information for providers of services to Veterans' Affairs and our clients.

[Treatment cards and letters Invoicing us Treating our clients Councils and local authorities Forms](#)

Search

- [Contact us](#)
- [News and events](#)
- [Need urgent help now?](#)

[Home](#) / [A-Z of services](#) / Mental health treatment

## Mental health treatment

We may be able to help if you're experiencing mental health concerns related to your Qualifying Service.

If there's an immediate risk of harm to yourself or others ring the police—111.

If you want to talk about your current situation with someone, get in touch with one of our partners.

[Support organisations you can talk to](#)

[{{ controlText }}](#)

Who can get this

You can get this if:

- you have Qualifying Service, and
- you have a mental health concern related to the Qualifying Service.

[Qualifying Service explained](#)

If you're receiving one of the following for your mental health concern, we already consider it to be linked to your Qualifying Service:

[Independence Allowance](#)

[Lump Sum Permanent Impairment](#)

[Weekly Compensation](#)

[Disablement Pension](#)

[War Disablement Pension](#)

What you can get

While your application is being processed you'll get up to four initial sessions of counselling.

You may be able to get:

- a visit to your doctors to determine the best way forward
- funding for medicine you have been prescribed to treat the mental health concern, as long as it's subsidised by PHARMAC.

After the initial counselling sessions, your treatment provider will let us know if they believe more sessions are needed. We'll then work with them on whether we're able to fund these sessions.

It may be best to refer you to your local District Health Board for ongoing support.

How to apply

If you're experiencing a mental health concern and need treatment, the main thing is that you get the help you need.

If you are in urgent need of treatment, we may pay or contribute to the treatment costs before we have finished considering your application if a delay in treatment would have an adverse effect on you.

### **If you're currently a client of Veterans' Affairs**

Contact your Case Manager. They'll help you with the next steps.

### **If you're not yet a client of Veterans' Affairs**

Contact us and ask to speak with the duty Case Manager.

The fastest way to get in touch with us is by giving us a call:

- 0800 483 8372 from within New Zealand
- 1800 483 837 from within Australia
- +64 4 495 2070 from the rest of the world.

Find out more

[Contact us for more information](#)

We strive to be transparent. If you want to know how this entitlement is administered you can read the internal policy.

[Mental Health Treatment policy \[PDF, 348 KB\]](#)

Last Modified: 1 October 2020

[Print](#) [View this page as a PDF](#)

## Veterans' Affairs

- [Get support](#)
- [Remembrance](#)
- [Eligibility](#)
- [For clients](#)
- [For providers](#)

## Quick links

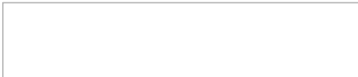
- [Application forms](#)
- [Check your eligibility](#)
- [Payment dates](#)
- [Payment rates](#)
- [Veterans of foreign militaries](#)

## Connect with us

- [Facebook](#)
- [YouTube](#)
- [Email newsletter](#)

## About us

- [About Veterans' Affairs](#)
- [Our documents and publications](#)
- [Work at Veterans' Affairs](#)
- [Contact us](#)
- [News](#)



[About this site](#) [Terms of use, privacy and copyright](#) [Style guide](#)



Veterans' Affairs—Te Tira Ahu Ika A Whiro