



Consulting a Psychologist

Psychologists help individuals, whānau, organisations, and communities to improve their lives in various ways

The Psychologists Board is the health regulatory authority that:

- works to protect the public in relation to psychologists
- ensures that only those who are registered with the Board use the title 'Psychologist'
- maintains a Register of Psychologists and shows this to the public on its website
- sets standards for registration and practice
- hears any concerns or complaints about psychologists' services

Some of the help they can offer:

- managing every-day problems and distress
- mental health and wellbeing
- relationship and family counselling
- learning and education difficulties
- sports performance
- organisational functioning
- specialist assessments

You can expect that your psychologist:

- is named on the Psychologists Board's Register and holds a current practising certificate
- meets the Board's high standards of competence and ethical practice
- has the specialist skills to meet your needs
- will seek your informed consent for the services offered to you

You have a right to:

- be treated with respect and dignity
- withdraw your consent if you are not satisfied with the service you receive
- have your information held in confidence
- be told if anyone else will have authorised access to your information

Contact the Board for more information

w www.psychologistsboard.org.nz

p 04 471 4580 / 0800 471 4580

e info@nzpb.org.nz



New Zealand
PSYCHOLOGISTS BOARD

Te Poari Kaimātai Hinengaro
o Aotearoa

Further information

Health and Disability Commissioner – **p** 0800 11 22 33 **w** www.hdc.org.nz

Privacy Commissioner – **p** 0800 803 909 **w** www.privacy.org.nz