



*Standing for
Mental Health
& Wellbeing*

EVEN A LEGEND NEEDS A SUPPORT CREW

*Whatever the need –
we are here to help.*

*Talk to us to improve well being,
enhance self care, stress
management, relationships
and so much more.*

*We offer a free service
that is confidential,
independent
and impartial.*

we're here to help you

BOOK YOUR APPOINTMENT

ONLINE AT : www.raisementalhealth.co.nz

EMAIL US : referrals@raisementalhealth.co.nz

CALL US : **0800 735 343** (0800 SELF HELP)

a joint venture with Southern Cross Healthcare

