



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](http://www.raisementalhealth.co.nz)

**EMAIL US :** [referrals@raisementalhealth.co.nz](mailto:referrals@raisementalhealth.co.nz)

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

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