



*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