



raise

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