



*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