



*Standing for  
Mental Health  
& Wellbeing*

**LET'S  
BEGIN**



*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)

a joint venture with Southern Cross Healthcare