



*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)

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