



raise

*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

EMAIL US : referrals@raisementalhealth.co.nz

CALL US : 0800 735 343 (0800 SELF HELP)

a joint venture with Southern Cross Healthcare