



*Standing for
Mental Health
& Wellbeing*

A close-up photograph of a person's hand holding a classic yellow rotary telephone receiver. The hand is positioned on the left side of the frame, gripping the handle of the receiver. The receiver is angled towards the right. The background is a solid, bright yellow. A white rounded rectangular border frames the central text area.

LET'S TALK

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