



*Standing for
Mental Health
& Wellbeing*

RAISE IT UP



Raising your hand and asking for support takes courage. When you reach out for support, you will be treated with compassion and respect.

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