



*Standing for
Mental Health
& Wellbeing*

EVEN A LEGEND NEEDS A SUPPORT CREW

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 : eap@empowerpacific.com
CALL US : 945 7323



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A close-up photograph of a person's hand holding a vintage-style yellow telephone receiver. The hand is positioned on the left side of the frame, with the fingers wrapped around the handle of the receiver. The receiver is yellow with a silver-colored metal ring around the earpiece. The background is a solid, bright yellow color. A white rounded rectangular border frames the text 'LET'S TALK' which is overlaid on the right side of the hand and receiver.

LET'S TALK

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**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.

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