

# POIPOIA TE KĀKANO KIA PUĀWAI

*we all need  
love and care  
to flourish*

*Hinemoa Elder - 'Aroha'*

*Raise can help you to get the best out of life.*

*We can confidentially assist you with personal or work-related challenges that may impact your wellbeing. Our team includes Māori and Pacific Island practitioners with the ability to meet your individual needs.*

*talk to us for help with :*

*coaching · career · relationships or whānau  
stress · finances · health and wellbeing · grief  
and more*

a joint venture with Southern Cross Healthcare

*to get in touch with us*

*phone: 0800 735 343 visit our website: [www.raisementalhealth.co.nz](http://www.raisementalhealth.co.nz)*