

# TOP UP

## together

POIPOIA I TŌ ORANGA I TE TAHA O  
ĒTAHI ATU, HEI ORANGA MŌ TE KATOA

NURTURE YOUR  
WELLBEING ALONGSIDE  
OTHERS, FOR THE  
WELLBEING OF ALL

Mental Health  
Awareness Week

6–12 | 20  
OCT | 25

Health New Zealand  
Te Whatu Ora  
[mhaw.nz](http://mhaw.nz)

  
mauri tū, mauri ora  
Mental Health  
Foundation  
OF NEW ZEALAND