

23 — 29 SEPTEMBER

NĀU TE ROUROU — NĀKU TE ROUROU — KA ORA AI TE IWI



COMMUNITY IS...

WHAT WE CREATE

together.

MHAW

Mental Health
Awareness Week

Kia ora,

The past few years have been challenging for Aotearoa, with extreme weather events, rising costs, and political divides affecting us all.

Now more than ever, we could all use a reminder to come together. That's why this year's Mental Health Awareness Week (MHAW) theme is:

Community is... what we create together.

We recently commissioned research to understand how Cyclone Gabrielle and other recent weather events have impacted people's wellbeing – and what has helped them get through. Findings revealed that community is the key to getting through tough times.

Community looks different for everyone. It's about connecting with others to create something together. This MHAW, we're encouraging the people of Aotearoa to define, build, and celebrate community.

For inspiration and activity ideas to help bring MHAW to life in your community, workplace, school or home, check out our MHAW Guide and more at mhaw.nz.

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

With your food basket and mine, the people will flourish.

Mā te wā,

Mental Health Foundation of New Zealand