

COMMUNITY IS...

WHAT WE CREATE

together.

mhaw.nz

MHAW Mental Health Awareness Week
23 - 29 SEPTEMBER 2024

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

The Mental Health Foundation recently commissioned research to understand how Cyclone Gabrielle and other weather events have impacted people's wellbeing.¹

¹ Mental Health Foundation of New Zealand & SIL Research. (2024). 2024 MHF Community Wellbeing Survey: North Island Weather Events/Cyclone Gabrielle focus. Access at: allsorts.org.nz/community-wellbeing-research



We spoke to over 1,500 people from affected regions who revealed a clear theme:
Community is the key to getting through tough times.

Now more than ever, we need to come together. Being part of a community can provide us with a sense of belonging, purpose and connectedness – all factors that boost wellbeing.



Community can look different for everyone, and that's the beauty of it. It's about connecting with others to create something together.

Nurturing community can be as simple as introducing yourself to a neighbour or greeting someone on the street. Small actions can have a ripple effect.

Nāu te rourou, nāku te rourou, ka ora ai te iwi.
With your food basket and mine, the people will flourish.

Head to **mhaw.nz** for stories of community, and discover resources, activities, and tools to connect with your community, or create your own.



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MANAAKI *Monday*

Start the week off with an act of kindness by helping someone in a small but meaningful way.

Even one simple thing, like carrying someone's groceries or holding a door open for a stranger, can set off a chain reaction of kindness that uplifts the whole community.

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TAUTOKO *Tuesday*

The pandemic, increasing costs and recent weather events have made things tough for businesses and organisations over the past few years.

Today, we encourage you to support a local business or community group by making a small purchase, shouting them out on social media, or recommending them to a friend.

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WHĀNAU *Wednesday*

Feeling connected to others is strongly associated with better wellbeing because it gives us a sense of meaning, safety, support and purpose.

Give yourself and your loved ones a mid-week boost by reaching out to a whānau member or friend you haven't connected with in a while. Why not give them a ring, arrange a catch up in person, or send them a postcard?

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TŪHONO *Thursday*

Find time in your day to connect with someone in your community who you don't usually talk to. Introduce yourself to a neighbour, a parent at your child's kura/school, or someone at your local park.

Building relationships with those who live in your community can create a supportive network right at your doorstep.

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WHAKAWHETAI *Friday*

What better way to finish off the week than to show gratitude to someone in your community?

Take a moment to say thank you to the checkout operator, courier driver, local volunteer...anyone who helps make your community what it is.

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