

ĒTAHI ARA E RIMA KI TE NGĀKAU ORA

ME WHAKAWHANAUNGA

TUKUA

ME ARO
TONU

ME AKO TONU

ME KORI
TONU

ME KŌRERO, ME WHAKARONGO,
ME WHAKAWĀTEA I A KOE, ME RONGO I
TE WHANAUNGATANGA

TE WĀ KI A KOE,
Ō KUPU, KO KOE
TONU

ME ARO TONU KI
NGĀ MEA MĀMĀ
NOA, I NGĀKAU
HARIKOA AI KOE

AWHITIA TE WHEAKO HOU,
KIMIHIA NGĀ ARA HOU, MĒ
OHORERE KOE I A KOE ANO

WHĀIA TE MEA KA
TAEA E KOE, KIA
PĀREKAREKA TĀU I
WHAI AI, KIA PAI AKE
Ō PIROPIRO

WHAKATŪKIA NGĀ RAUTAKI MĀMĀ NEI KI
TŌ AO KIA RONGO AI KOE I NGĀ PAINGA



Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui.



(09) 623 4812



resource@mentalhealth.org.nz



www.mentalhealth.org.nz



www.facebook.com/mentalhealthfoundationNZ



www.twitter.com/mentalhealthnz



<http://www.youtube.com/mhf nz>



Mental Health Foundation
mauri tū, mauri ora
OF NEW ZEALAND