

ĒTAHI ARA E RIMA KI TE NGĀKAU ORA

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

AWHITIA TE WHEAKO HOU, KIMIHIANGĀ ARA HOU, ME OHORERE KOE I A KOE ANŌ

ME AKO TONU

ME KŌRERO, ME WHAKARONGO, ME WHAKAWĀTEA I A KOE

ME WHAKAWHANAUNGA

ME RONGO I TE WHANAUNGATANGA

WHĀIA TE MEA KA TAEA E KOE, KIA PĀREKAREKA TĀU I WHĀIA I

ME KORI TONU

KIA PAI AKE Ō PIROPIRO

ME ARO TONU KI NGĀ MEA MĀMĀ NOA

ME ARO TONU

I NGĀKAU HARIKOA AI KOE

TE WĀ KI A KOE, Ō KUPU, KO KOE TONU

TUKUA

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