

SII

Waqtigaaga, Hadal kaaga, Xaadid ahoow

KORORSO AQOON CUSUB

KA FAIIDAYSO FURSADHA

FIR FIR COONOOW

QABO WAXAAD QABAN KARTID,
KU RAAXEYSO WAXAAD SAMEYSID,
NIYADAADA DHIS.

XIRIIRI

Hadal & Dhageys, Ha Maqnaan,
Dareen Xiriir

Foo Jignoow U fiirso

Ha illoobin wax yaabaha yar yar ee
nafta qanciya.

Somali



Partnership Health Canterbury
Te Kei o Te Waka

5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

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



Mental Health Foundation
of New Zealand
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