

ME WHAKAWHANAUNGA

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

TUKUA

TE WĀ KI A KOE, Ō
KUPU, KO KOE TONU

ME ARO
TONU

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

ME KORI
TONU

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

ME AKO TONU

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

Ē TAHI ARA E RIMA KI TE NGĀKAU ORA

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





(09) 623 4812



resource@mentalhealth.org.nz



www.mentalhealth.org.nz



www.facebook.com/mentalhealthfoundationNZ



www.twitter.com/mentalhealthnz



<http://www.youtube.com/mhfnz>

