

Connecting through **Kōrero**

For guidance on having safe, open,
and direct kōrero about suicide with
young people visit mentalhealth.org.nz



Mā te whakapono
By believing and trusting

Mā te tumanako
By having faith and hope

Mā te titiro
By looking and searching

Mā te whakarongo
By listening and hearing

Mā te mahitahi
By working and striving together

Mā te manawanui
By patience and perseverance

Mā te aroha
By all being done with love

Ka taea e tātou
We will succeed