

TOP UP

together

POIPOIA I TŌ ORANGA I TE TAHA O
ĒTAHI ATU, HEI ORANGA MŌ TE KATOA



NURTURE YOUR
WELLBEING ALONGSIDE
OTHERS, FOR THE
WELLBEING OF ALL

**Mental Health
Awareness Week**

6–12 | 20
OCT | 25

Health New Zealand
Te Whatu Ora
mhaw.nz


mauri tu, mauri ora
**Mental Health
Foundation**
OF NEW ZEALAND