Mental Health Awareness Week

6–12 OCT 20 25

mhaw.nz





Tear one off and share some gratitude

He tino hoa koe – You're a great friend

Ka nui taku aroha mōu – I appreciate you

Autaia ana, e hoa – You're extraordinary

Ko koe ā runga – You're the

best

Ko koe tonu a runga – You′re amazing

Ka wani kē – You're neat alright

E whakawhetai nui ana ki a koe – I'm grateful for you

He koi ō taringa – You're a g reat listener

Mō te whakaaro nui, ko koe tēna – You're very thoughtful

Tau kē tāu mahi – You're doing great work