



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Help us to help others

The Mental Health Foundation is a leader in mental health information and, through our Resource & Information Service, mental health promotion projects, websites and social media, we reach hundreds of thousands of New Zealanders each year.

As a registered charity, we rely heavily on your donations to enable us to continue to provide help for people from every walk of life.

To make a donation –

Tel: (09) 623 4810 ext 862

Mail: PO Box 10051, Dominion Road Auckland 1446

Visit: Units 109-110, Zone 23, 23 Edwin St, Mt Eden, Auckland

Email: fundraising@mentalhealth.org.nz

Web: www.mentalhealth.org.nz

STAY CONNECTED



Tel: (09) 623 4812



Email: resource@mentalhealth.org.nz



Web: www.mentalhealth.org.nz



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