

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

ĒTAHI ARA E RIMA KI TE NGĀKAU ORA

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

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



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