



# mātauranga

whānau knowledge is key  
to understanding

positive ways whānau affect mental wellbeing



**mana**  
*keeping the mana of every  
whānau member intact*

**positive ways whānau affect mental wellbeing**

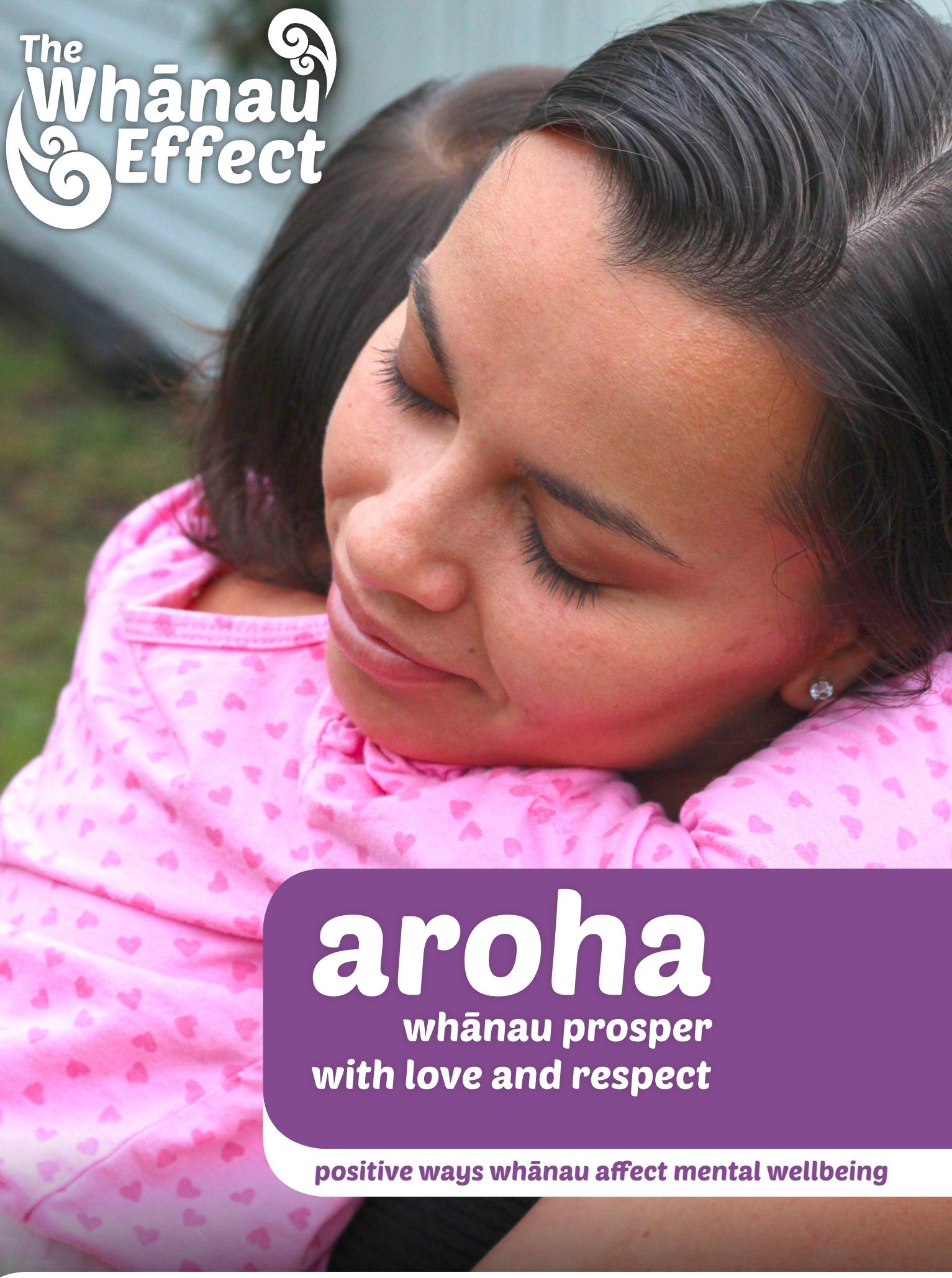


The  
**Whānau  
Effect**

# kōrero

**keep the korero alive  
and open in your whānau**

**positive ways whānau affect mental wellbeing**



**aroha**  
whānau prosper  
with love and respect

positive ways whānau affect mental wellbeing



# tautoko

**whānau supporting each other  
through the trying times**

**positive ways whānau affect mental wellbeing**