



# Let nature into your workplace

Tukua te uho taiao ki roto nā papa mahi

**8-14**  
OCTOBER

**MENTAL HEALTH  
AWARENESS WEEK**

TO GET YOUR WORKPLACE INVOLVED  
VISIT [MHA.W.NZ/WORKPLACES](https://mhaw.nz/workplaces)

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

#MHAWNZ