

Connect WITH nature

for good
mental health
and wellbeing

*Heke tipu oranga, he taonga tuku iho,
ka pakanga ake, aue te aiotanga, te manawanui*

MENTAL HEALTH
AWARENESS WEEK
10-16 October 2016

FIVE WAYS TO WELLBEING CONNECT • GIVE • TAKE NOTICE • KEEP LEARNING • BE ACTIVE

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