

Connect WITH nature

for good
mental health
and wellbeing



 Mental Health Foundation
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz

HI

LET'S CONNECT WITH NATURE!

HOW ABOUT WE

.....

FROM

FIVE WAYS TO WELLBEING

CONNECT • GIVE • TAKE NOTICE • KEEP LEARNING • BE ACTIVE

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

MENTAL HEALTH
AWARENESS WEEK
10-16 October 2016

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