


Connect WITH nature



for good
mental health
and wellbeing

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

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

MENTAL HEALTH
AWARENESS WEEK
10-16 October 2016

FIVE WAYS TO WELLBEING
CONNECT • GIVE • TAKE NOTICE • KEEP LEARNING • BE ACTIVE
Heke tipu oranga, he taonga tuku iho, ka pakanga ake, aue te aiotanga, te manawanui

FROM

HOW ABOUT WE

LET'S CONNECT WITH NATURE!

HI