

# HE TIROHANGA ANAMATA REIMAGINE WELLBEING TOGETHER

Mental Health  
Awareness Week  
21-27 Mahuru

[www.mhaw.nz](http://www.mhaw.nz)  
#MHAWNZ



## GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

Mental Health Foundation  
mauri tū, mauri o te

ALL RIGHT?

MINISTRY OF  
HEALTH  
MANATU HAUORA

## Kia ora!

Mēnā e pirangi ana koe i ētahi huarahi hou, hei hiki i te oranga, i te oranga o tō whānau, te tuku, takoha atu i ētahi taonga oranga mai i tō kete hoki, a kāti, hono mai ki te wiki o Mental Health Awareness hei whakatairanga i ngā mahi motuhake ko te manaaki tāngata, kia mahi ngātahi ai tātou mō tō tātou oranga – Hei Tirohanga Anamata

Mō ētahi atu whakaaro, hei whakatairanga i te wiki o Mental Health Awareness, me ngā kaupapa here e pā ana ki Te Whare Tapa Whā, hono mai ki: mhaw.nz

Mō ngā kaupapa whakangahau tamariki, ngā kaupapa oranga whānau hoki, haere ki: sparklers.org.nz/parenting.

### Waea tautoko

Mēnā e māharahara ana koe ki ētahi atu tangata, ki koe anō rānei, ānei ētahi waea tautoko hei āwhina:

- If you or someone you know is in immediate danger, call 111.
- Need to talk? Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFE-LINE) or free text 4357 (HELP)
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Youthline – 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or online chat
- Supporting Families – for help supporting someone you care about: [www.supportingfamilies.org.nz](http://www.supportingfamilies.org.nz).

# WHĀNAU WHIRIA TE MUKA TANGATA



GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

[www.mhaw.nz](http://www.mhaw.nz)

## Taha whānau

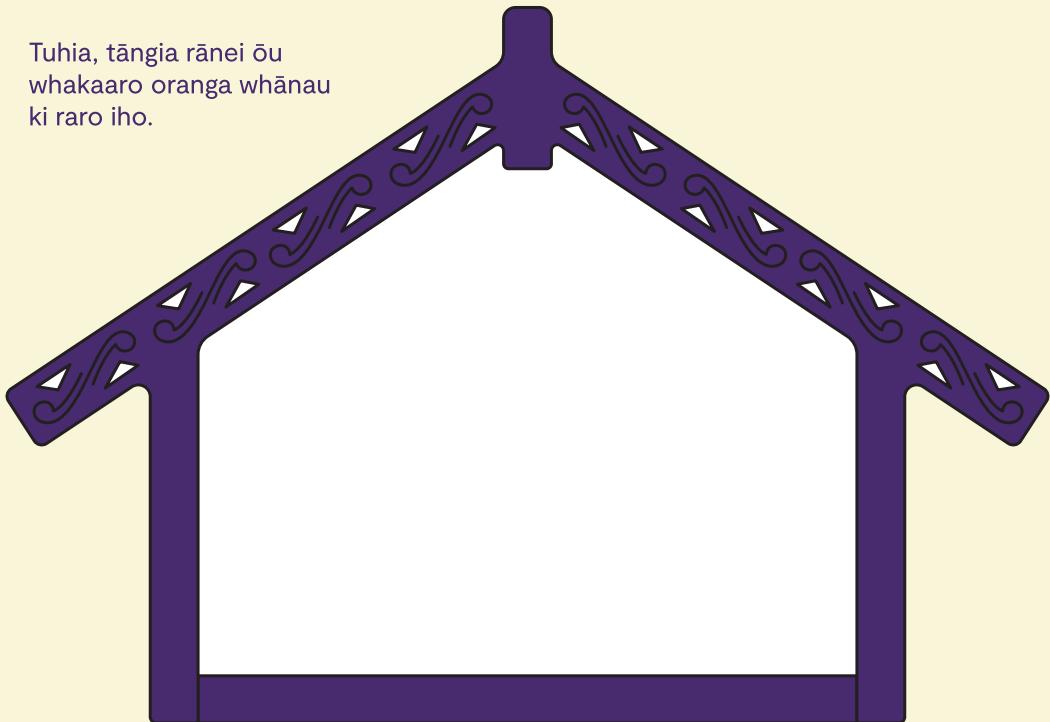
Ānei ētahi tauira hei oranga whānau:

- Kaitahi
- Nohotahi
- Kōrerotahi
- Wānanga
- Tūhono a mata hiko a waea rānei

Ehara taku toa i te toa taki tahi, engari he toa taki tini.  
*My strength is not that of one but that of many.*



Tuhia, tāngia rānei ōu whakaaro oranga whānau ki raro iho.



# WAIRUA WHĀIA NGĀ MĪHAROTANGA O IA RĀ



GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

[www.mhaw.nz](http://www.mhaw.nz)

## Taha wairua

Ānei ētahi tauira hei oranga wairua:

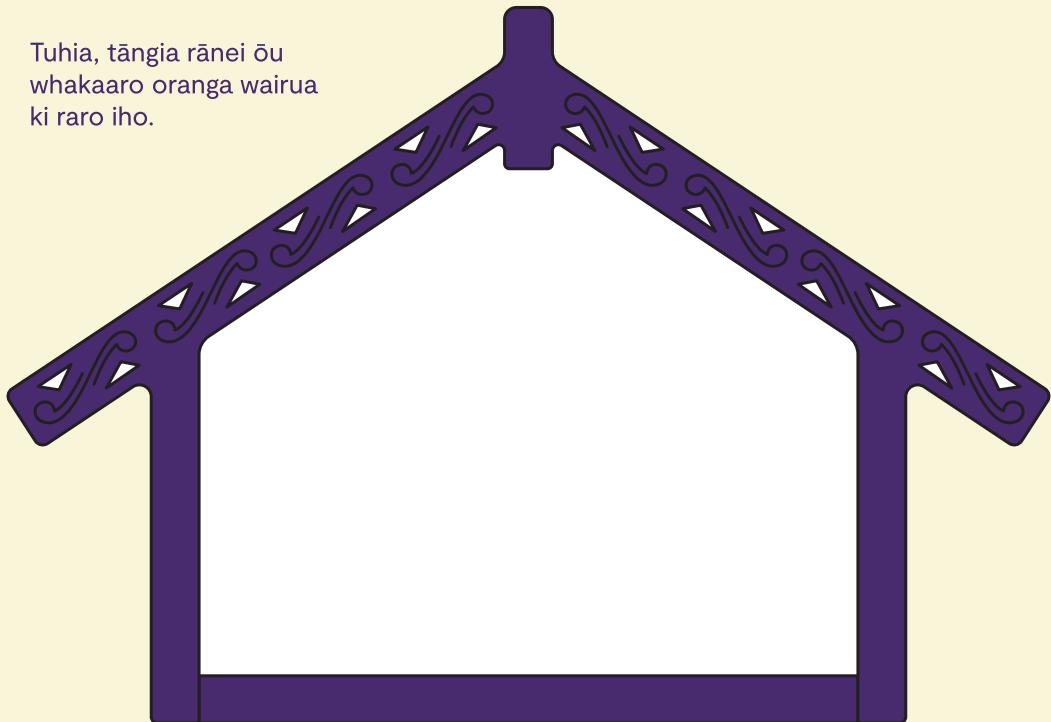
- Karakia
- Waiata
- Noho puku
- Hīhiri
- Ariari ngao

He oranga ngākau, he hikinga wairua.

*When it touches your heart, it lifts your spirit.*



Tuhia, tāngia rānei ōu whakaaro oranga wairua ki raro iho.



# WHENUA HONO KI TE TAIAO



GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

[www.mhaw.nz](http://www.mhaw.nz)

## Taha whenua

Ānei ētahi tauira hei oranga mā te whenua:

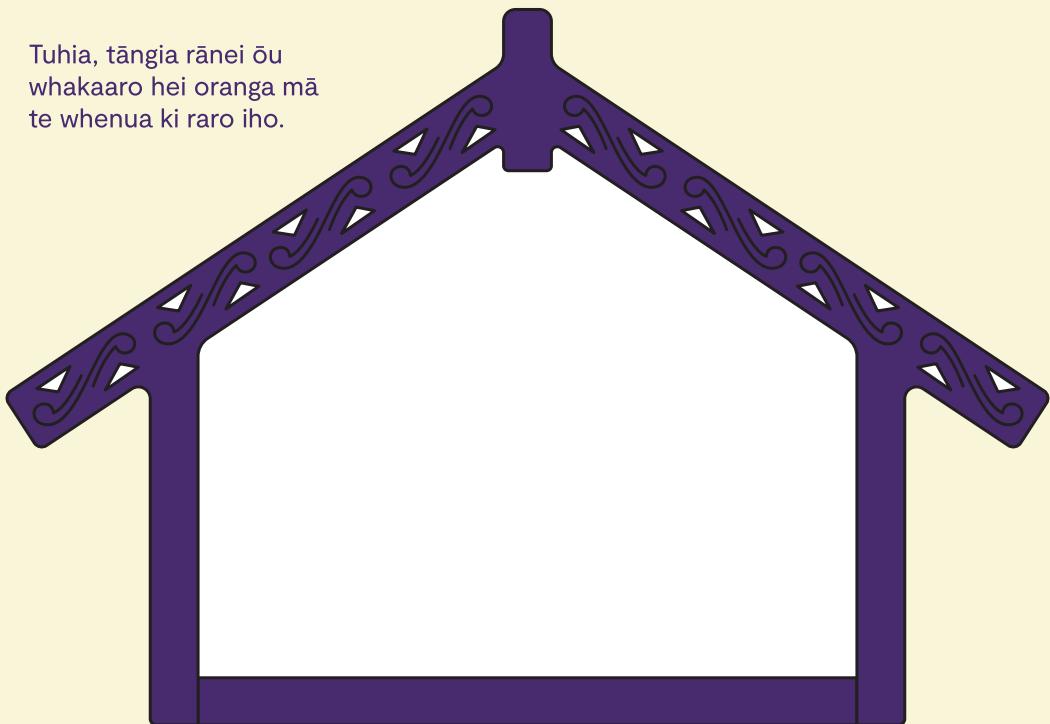
- Me kake i tētahi maunga kia purea e ngā hau a Tāwhiri
- Whakarongo ana ki te kōrihi a ngā manu
- Pāinaina i ngā hihi o te rā
- Haere ki tātahi, kia rongo ai i te mauri o Tangaroa

Ko te whenua ko au, ko au ko te whenua.

*I am the land and the land is me.*



Tuhia, tāngia rānei ōu whakaaro hei oranga mā te whenua ki raro iho.



# TINANA WHAKAMAROHI I TŌ TINANA



GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

[www.mhaw.nz](http://www.mhaw.nz)

## Taha tinana

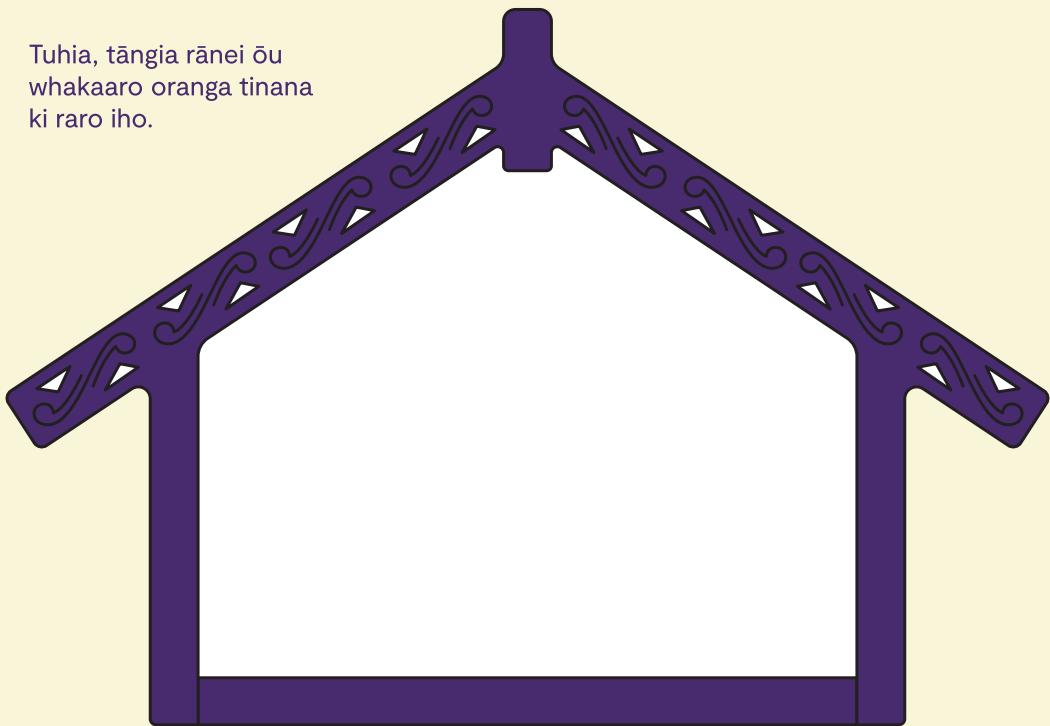
Ānei ētahi tauira hei oranga tinana:

- Haere ki te kaukau
- Parakatihi kapa haka
- Hiki maitai
- Whakapaipai whare
- Mahi waka ama

Mauri tū, mauri ora.  
*An active soul for your wellbeing.*



Tuhia, tāngia rānei ōu  
whakaaro oranga tinana  
ki raro iho.



# HINENGARO WHĀNGAIA TŌ HINENGARO



GETTING  
THROUGH  
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

[www.mhaw.nz](http://www.mhaw.nz)

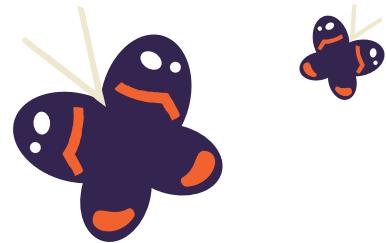
## Taha hinengaro

Ānei ētahi tauira hei oranga hinengaro:

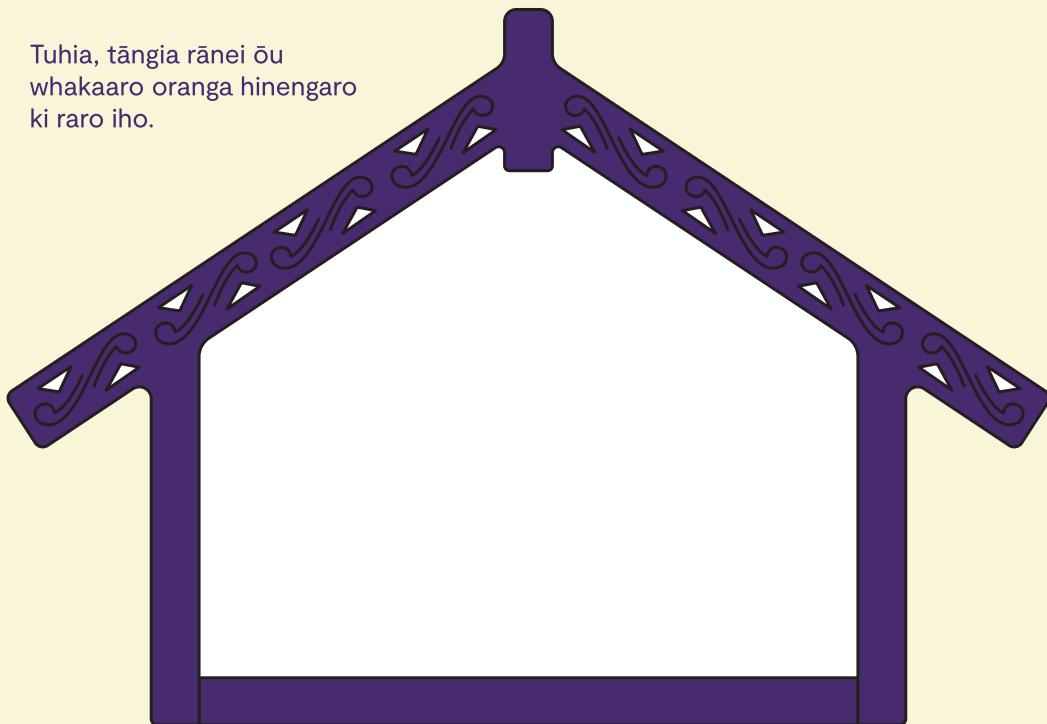
- Pānui pukapuka
- Ākona/Tākina tō whakapapa
- Ākona/Tākina tō pepehā
- Kia manahau tō moe

Ki te wātea te hinengaro,  
me te kaha rere o te  
wairua, ka tāea ngā mea  
katoa.

*When the mind is free  
and the spirit is willing,  
anything is possible.*



Tuhia, tāngia rānei ōu  
whakaaro oranga hinengaro  
ki raro iho.



# AROHA MAI, AROHA ATU

www.mhaw.nz  
#MHAWNZ



## GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

Mental Health Foundation  
mauri tū, mauri o te  
PEOPLES OF NEW ZEALAND

ALL RIGHT?

MINISTRY OF  
HEALTH  
MANATŪ HAUORA

## He karere aroha

Tonoa atu he karere aroha ki tētahi tangata ka whai pānga nui te riro karere aroha.

Tonoa mā te poutāpeka, tukuna ā ringa mēnā e noho tata ana, waiho rānei hei karere ohorere mō ngā tāngata e kai ngākau nei koe.

**GETTING  
THROUGH  
TOGETHER**  
WHĀIA E TĀTOU TE PAE TAWHITI

He aroha whakatō, he aroha puta mai.  
*Kindness sewn is kindness you shall receive.*