

REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health
Awareness Week
21-27 September

www.mhaw.nz



GETTING
THROUGH
TOGETHER
WHĀIA E TĀTOU TE PAE TAWHITI

Mental Health Foundation
mauri tū, mauri ora
OF NEW ZEALAND

ALL RIGHT?

MINISTRY OF
HEALTH
MANATŪ HAUORA

REDISCOVER EVERYDAY WONDER WAIRUA

He oranga ngākau, he
hikinga wairua.

When it touches your heart,
it lifts your spirit.



GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

www.mhaw.nz

REFRESH YOUR MIND HINENGARO

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.



GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

www.mhaw.nz

RETURN TO NATURE WHENUA

Ko te whenua ko au, ko
au ko te whenua.
I am the land and the
land is me.



GETTING
THROUGH
TOGETHER
WHĀIA E TĀTOU TE PAE TAWHITI

www.mhaw.nz

RECHARGE WITH OTHERS WHĀNAU

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



GETTING
THROUGH
TOGETHER
WHĀIA E TĀTOU TE PAE TAWHITI

www.mhaw.nz

REFUEL YOUR BODY TINANA

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



GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

www.mhaw.nz