

HE TIROHANGA ANAMATA REIMAGINE WELLBEING TOGETHER

Mental Health
Awareness Week
21-27 Mahuru

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

WAIKUA WHĀIA NGĀ MĪHAROTANGA O IA RĀ

He oranga ngākau, he
hikinga wairua.

When it touches your heart,
it lifts your spirit.



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HINENGARO WHĀNGAIA TŌ 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.



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WHENUA HONO KI TE TAIAO

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

I am the land and the
land is me.



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WHĀNAU WHIRIA TE MUKA TANGATA

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



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TINANA WHAKAMAROHI I TŌ TINANA

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



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