

Mental Health 12-18 | 20
Awareness Week OCT | 26

Health New Zealand
Te Whatu Ora

mhaw.nz


mauri tū, mauri ora
Mental Health
Foundation
OF NEW ZEALAND

BELONGING *Matters*

Simple moments
Deeper connections
Better mental health



Tear one off and share some gratitude

Au kē tāu mahi – You're doing great work

He tangata hira koe – You're extraordinary

Ko koe kē – You're the best

He hoa pai rawa atu koe – You're a great friend

Ka nui taku mihi ki a koe – I appreciate you

He tangata whakaaro nui koe – You're very thoughtful

He tangata whakarongo pai koe – You're a great listener

Ka nui taku mihi ki a koe – I'm grateful for you

He mea nui koe – You matter

E hari ana ahau kua tae mai koe – I'm glad you're here