



TĒNĀ KOE I TŌ MIHI MAI



THANK YOU FOR
KEEPING IN TOUCH

**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

For ideas on looking after yourself
and others, visit allright.org.nz

ALL RIGHT?



 **Mental Health Foundation**
OF NEW ZEALAND
mauri tū, mauri ora

New Zealand Government

 **E KOA
ANA NGĀ
TAMARIKI?
TAU KĒ** 

**FINDING FUN WITH
THE KIDS? LEGEND**

**GETTING
THROUGH
TOGETHER**

WHĀIA E TĀTOU TE PAE TAWHITI

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 **MŌ**
TE RINGA
ATAWHAI,
KĀORE HĒ
PAINGA! 

THANK YOU
FOR BEING KIND

GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

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 **MINISTRY OF**
HEALTH
MANATŪ HAUORA

New Zealand Government

 **E WHAKA-
PAU KAHA
ANA? KOIA
KEI A KOE** 

**DOING THE BEST
YOU CAN? SPOT ON**

**GETTING
THROUGH
TOGETHER**

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MANATŪ HAUORA

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E ANGA WHAKA- MUA ANA? KA PAI

JUST TICKING
ALONG? KA PAI

**GETTING
THROUGH
TOGETHER**

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 **AO NOA,
PŌ NOA,
WHĀĪA TE
PAE TATA** 

**TAKING IT DAY BY DAY?
ALL GOOD**

**GETTING
THROUGH
TOGETHER**

WHĀĪA E TĀTOU TE PAE TAWHITI

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