



THANK YOU FOR KEEPING IN TOUCH



TĒNĀ KOE I TŌ MIHI MAI

**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

 **MINISTRY OF
HEALTH**
MANATŪ HAUORA

New Zealand Government



FINDING FUN WITH THE KIDS? LEGEND!



E KOA ANA NGĀ
TAMARIKI? TAU KĒ

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**BIGGEST
THANKS
FOR BEING
KIND**



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

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TOGETHER**

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

**E WHAKAPAU KAHA
ANA? KOIA KEI A KOE**

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JUST TICKING ALONG? KA PAI

E ANGA WHAKAMUA
ANA? KA PAI

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TAKING IT DAY BY DAY? ALL GOOD

AO NOA, PŌ NOA,
WHĀIA TE PAE TATA

GETTING
THROUGH
TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

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