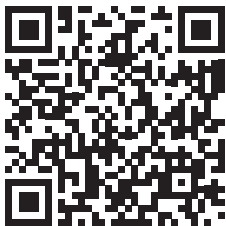


Koia nei etahi whakakakau hei anga whakamua.

- Me mōhio koe ki o turupana ngākau kohuki.
- Papare i te waipiro me te kai tarukino i roto i te whare.
- Koi rite koe te mea atu “ He aha hoki”
- Noho kātata ki tō whānau.
- He oranga hinengaro, he oranga Tinana, he oranga wairua te whakapakari tinana.
- Karohia i te hunga ngoikore.
- He mea nui te mākoha i tō anga whakamua.

HE AWEAWE TE HIA TAUTOKO.

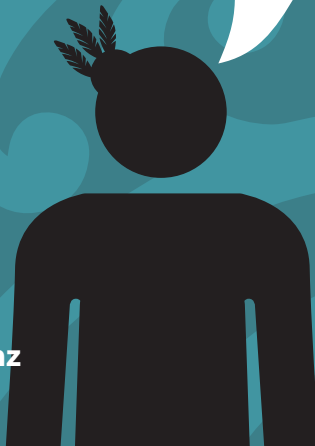


Mātaihia te QR uHINGA ō
runga hei hono tōtika ki
te pae ipurangi:

whataboutyoumurihiku.co.nz

**KEI TE
PAI KOE?**

**RARAWE NGĀ
HUARAHĪ
TAUTOKO!**



Tutohinga:

- He āwangawanga nōu, he haukerekere anō hoki.
- He inu waipiro, he kai tarukino.
- Hāwatewate ana tō rite.
- Hanga rerekē ana o nekehanga a kainga mai, a tangata mai.
- Pūkōnohinohi tonu ana ki te inu waipiro, kai tarukino.
- Paratau ana tō taha hauora na te inu waipiro, kai tarukino anō hoki.
- He mate māuiui aurongo.
- Hē ngā rā ana o paenga.

**TŪROUHIA HE TAITUARA
HEI AWHINA MŌU.**



**Ina waia koe ki ēnei
Tiramaka, koia te
tauwhirowhiro o
tēnei hāngaitanga.**

MĀ HEA MAI HE AWHINA MŌU!

Takuta

Whai wā ki te kōrero ki tō tākuta.

Nga puna waranga hauora hoki:

Nga Kete Matauranga Charitable Trust
www.nkmp.nz | 0800 925 242

Thrive Te Pae Ora (under 25yrs):
www.thriveservices.org.nz
0800 292 988

Ā waea ipurangi rānei:

1737, Need to talk
www.1737.org.nz / text: 1737

The Lowdown
www.thelowdown.co.nz

Alcohol Drug Helpline
www.alcoholdrughelp.org.nz / text 8681
0800 878 797

Gambling Helpline
www.gamblinghelpline.co.nz
text 8006800 655