

Kei roto i te pōuri,  
te marama e whiti ana.

Through perseverance and  
hope, we will overcome.



ALL  
SORTS

For wellbeing tips, visit [allsorts.org.nz](https://allsorts.org.nz)

 Mental Health Foundation  
mauri tū, mauri ora OF NEW ZEALAND

**Te Whatu Ora**  
Health New Zealand