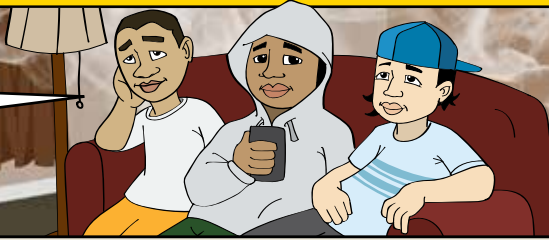


KIA MŌHIO KOE: WHAKAMĀNINGA

Ahakoia kahore whakamahi ko haumarū, te whakamahi i enei ataata ki te tūhura i te meka i mua i te matapaki kōwhiringa

KIA MŌHIO KOE... KO TE TARUKINO RONGONUI RAWA PUTA NOA KI TE MOTU

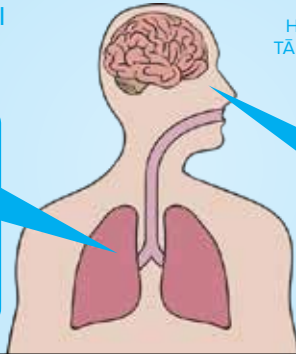
KO TE WHAKAMĀNINGA, ENGARI, KO TE TORU O RAU O NGĀ TAIOHI E KAI ANA IA WIKI, IA WIKI!



ME PEHEA TE MAHI I TE REIRA

HE MEA WHAKANGOIKORE HEI TĀ TE WHAKAMĀNINGA KIA MATE WARAWARA Ā TINANA, A HINENGARO.

INA KA KAINGIA TĒTAHI TE WHAKAMĀNINGA, KIA URUA TE THC KI NGĀ PŪKAHIKAHU, KI NGĀ ARA TOTO HOKI KĀTAHI E KAWÉ ATU KI TE RORO. KAHORE KA ROA KA REHU I TE TARUKINO KI TANA MUTUNGA I TE HAURUA HAORA KEI TUA.



KA REREKĒ TE HAERENGA KI TE RORO MĒNĀ KA KAINGIA TE TANGATA. ME UAUU TE MŌHIO KI TŌNA KAHĀ ME TE RŌROA HOKI TĀNA AWENGA KI TE TANGATA. HE AHUA KINO KI ĒTAHI!

HE REREKĒ TE REHUTANGA KI TĒNĀ, KI TĒNĀ.

KIA PĀRORE ĒTAHI ME TE PAI HOKI KIA WHAKARONGOHIA NGĀ WAIATA O BOB MARLEY ME TE KAHĀ HIAKAI ANŌ HOKI!



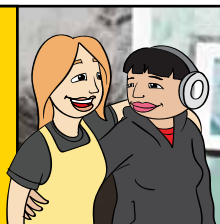
KI ĒTAHI ATU, KA RANGIRUA, KA KAHĀ TE ARONGA KI Ā IA ANŌ HEI TIMATANGA I NGĀ MATE HINENGARO.

HE WHAKAAWEWE TE HAUORA E TE WHAKAMĀNINGA, KA WHAKAUUUA KI TE WHAKAARO, KI TE AKO, KI TE TĀKARO HĀKINAKINA TAE NOA ATU KI TE RAPU MAHI!



NŌ REIRA, KIA MAHARA ATU!

- KĀTI! KI TE RONGO MAIUI!
- KAUA E KAI TARUKINO KĀTAHI KIA HAUTU WAKA!
- TIĀKINA Ō HOA!



E HIAHIA ANA KI TE KITEA TE TĀUTOKO MO TE TANGATA TAITAMARIKI I ROTO I AOTEAROA? KARANGATIA TE ALCOHOL ME DRUG HELPLINE KI RUNGA KI
0800 787 797

 **AOD Provider Collaborative**

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