FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Give
Your time, your words, your presence

Be Active
Do what you can, enjoy what you do, move your mood

Keep Learning
Embrace new experiences, see opportunities, surprise yourself

Connect
Talk & listen, be there, feel connected

Take Notice
Remember the simple things that give you joy
Help us to help others

The Mental Health Foundation is a leader in mental health information and, through our Resource & Information Service, mental health promotion projects, websites and social media, we reach hundreds of thousands of New Zealanders each year.

As a registered charity, we rely heavily on your donations to enable us to continue to provide help for people from every walk of life.

To make a donation –
Tel: (09) 623 4810 ext 862
Mail: PO Box 10051, Dominion Road Auckland 1446
Visit: Units 109-110, Zone 23, 23 Edwin St, Mt Eden, Auckland
Email: fundraising@mentalhealth.org.nz
Web: www.mentalhealth.org.nz

STAY CONNECTED

Tel: (09) 623 4812
Email: resource@mentalhealth.org.nz
Web: www.mentalhealth.org.nz
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