



Kōrero mai
Talk to me

Kōrero mai – he ratonga tēnei hei whakamahi māu i te hōhipera mēnā koe e āwangawanga ana i te panonitanga o tō āhuatanga, te āhuatanga o tētahi o tō whānau, te āhuatanga rānei o tētahi e tokona ana e koe, ā, kāore koe e rangona nei.

E raru ana i ēnei āhuatanga?

whai hā ngenge
mamae kārangirangi
tae kakapa manawa
kaumingomingo

Kāore tētahi
e whakarongo ana ki a koe?



Health New Zealand
Te Whatu Ora
Canterbury Waitaha

1

E oti i a koe te pēhi i te pere karanga kia kōrero ki tētahi nēhi

2

E oti i a koe te pēhi i te pere karanga, me te tono kia kōrero ki te Kaihautū Tīma o tō wāhi

3

E RARU TONU ANA?
Waeahia te 027 684 0128
ka tonoa ai tētahi arotake.
Kei konei koe

