



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, kia tonoa rānei te Nēhi Whakahaere

2

E RARU TONU ANA?

E oti i a koe te tono i te nēhi, te kaiwhakahaere rānei kia tono i tētahi arotake waiwai nā te Tākuta

3

E RARU TONU ANA?

Waeahia te
0800 999 400
ka tonoa ai tētahi arotake.