

Ka hiahia
kōrero koe,
kei konei
mātou hei
whakarongo



Waea 0800 LIFELINE (54 3354)

Text (kore utu) HELP (4357)

lifeline.org.nz

24/7, tautoko tūmataiti mai i ngā
kaiwhakamahereora māraurau me ngā
tūao kua whakangunguhia.



Kei a mātou
tō tuara e
hoa

