

# PHOTO COMPETITION

Take a photo of people trying out the 5 Ways to Wellbeing

TAKE NOTICE  
ME ARO  
TONU



GIVE  
TUKUA



BE ACTIVE  
ME KORI  
TONU



CONNECT  
ME  
WHAKAWHANAUNGA



KEEP  
LEARNING  
ME AKO  
TONU



Entries open 11<sup>th</sup> September → Entries close 30<sup>th</sup> October

There is a lot of tough stuff going on, challenges with housing, income, education, access to healthcare etc.

It is important to feel a sense of purpose and control. This is where using the 5 Ways to Wellbeing can help build your resilience.

Check out Mental Health Awareness Week [mhaw.nz](https://mhaw.nz) & Mental Health Foundation [mentalhealth.org.nz](https://mentalhealth.org.nz).

**Be in to win: one of five \$100 grocery vouchers. Plus, multiple spot prizes; movie tickets, gift baskets, caps, swimming passes & more.**

**Category 1: Individuals** - Open to all Top of the South residents.

**Category 2: Workplaces** - Challenge your work teams and other workplaces to talk about and try the 5W2WB, take a photo and enter.

Email photos to [amba@firstmate.org.nz](mailto:amba@firstmate.org.nz) or [wendy@healthaction.org.nz](mailto:wendy@healthaction.org.nz)

Or drop your photos & identifying information into Age Concern, 62 Oxford St, Richmond /18 Bridge St, Nelson

- » Provide name/phone number/category & tell us which of the 5 Ways to Wellbeing your photo represents.
- » Participants agree to allow their photo to be shared publicly to promote Mental Health Awareness in our region.
- » Prizes drawn & winners notified by 3rd October.

**MHAW** 20  
Mental Health  
Awareness Week  
18-24 September 2023

**first  
mate**  
SUPPORTING OUR  
SEASIDE WHANAU

Health Action Trust  
Te Mana Taki Hauora

**AGE**  
CONCERN  
NELSON  
TASMAN