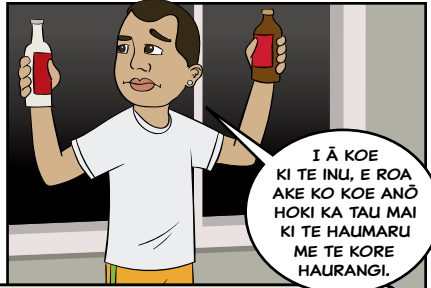


KIA MŌHIO KOE: WAIPIRO

Ahakoa kahore whakamahi ko haumarū, te whakamahi i enei ataata ki te tūhura i te meka i mua i te matapaki kōwhiringa

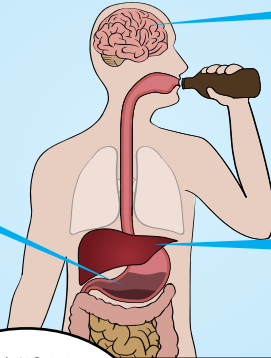
KIA MŌHIO KOE... KIA KOTAHĪ HAORA TE ROA MO TE INU WAIPIRO KA PUTA MAI I TŌU TINANA.

I AOTEAROA NEI, ME MAU KĀTOA E NGĀ PĀTARA WAIPIRO I TE TAPANGA E WHAKAMŌHIOHIO KIA HĪA TE WAIPIRO KEI ROTO I TE INU.



I Ā KOE KI TE INU, E ROA AKE KO KOE ANŌ HOKI KA TAU MAI KI TE HAUMARU ME TE KORE HAURANGI.

ME PEHEA TE MAHI I TE REIRA



KO TE NUINGA O TE WAIPIRO KA HAERE TIKA KI TE RORO KIA WHAKAWEAWETIA TE MAHI A RINGA, TE MAIĀTANGA ME TŌ WHAKAWĀ KI Ā KOE ANŌ. HE WHAKAARO RANGITIRĀ TŌ TE TANGATA E KAI TUATAHI ANA I TE INU WAIPIRO!

I Ā KOE E INU ANA, KA HAERE TE WAIPIRO KI TŌU PUKU ME WHAKARAUNUA E TE WAIPIRO KI TE KAI, ĀRA, KI ŌU IAIA ANŌ HOKI. KĀTAHI KA URU KI TE KŌPIRO ITI.

E KAHA RERE ANA I TE TOTO KI TE ATE HEI WHAKANŌA I TE WAIPIRO KĀTAHI KA HURI MIMI NOA. MĀ TE WAIPIRO, E HĪAINU TE TANGATA ME TE WHAKAMARŌKE HAERE ANA I TE TINANA.

I A KOE E HAURANGI ANA KA HĪAHĪA KI TE WHAWHAI, KI TE TANGI ME MUTU ANA KI TĒRĀ, KA WAREWARE KATOATIA TŌU MAHI!

WAIHOKI, KA INU WAIPIRO KOE A TE WĀ E HAPŪ ANA, KA WHAKARURURĀTIA TE PĒPI E NGĀ TAUMAHA.

KO TE TUATAHI, KA TAU MAI TE WERAWERA, KA PIKI AKE TE WAIRUA ME TE KAHA KŌRERORERO.

KA MUTU, KA MAURI MOE KOE, KA PARUHETI TŌ TARAU, Ā, KA MATE HAERE Ō WHANEWHANE.

KO TE WAIPIRO TE TAKE, KA ĀNINI AI TŌ MĀHUNGA Ā TE RĀ E WHAI AKE, KA PUPIUKE AI TE HĒMANAWATANGA, KA UALUA HAERE TE MAHI AKO, TE HĀKINAKINA, ME TE NGAHALU O TE ORANGA, KA TIMATA HOKI TE MATE HINENGARO ME TE MATE TINANA.

KĀTAHI KA WHAKAHĪHI I Ā KOE ANŌ.

MĀ TE RUAKI E TE TINANA TE WAIPIRO HEI WHAKATAU.

NŌ REIRA, MAUMAHARATIA,

- KAINGIA TE KAI I MUA I TE INU WAIPIRO,
- TATAUHIA Ō INU WAIPIRO,
- TIAKINA HOKI Ō HOA I NGĀ WĀ KĀTOA.



E HĪAHĪA ANA KI TE KITEA TE TALUTOKO MO TE TANGATA TAITAMARIKI I ROTO I AOTEAROA? KARANGATIA TE ALCOHOL ME DRUG HELPLINE KI RUNGA KI **0800 787 797**

 **AOD Provider Collaborative**

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