

KIA MŌHIO KOE: HĀKINA MATŪ

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

KIA MŌHIO KOE.....
KO TE HĀKINA
E NGĀ MATŪ E
KIA NEI KO TE
"HUFFING." E KORE
TE HAUMARŪ I NGĀ
WĀ KATOĀ! MĀ TE
HĀKINA KA MATE!!

KEI RARO I TE 1.2
ORAU O NGĀ TAIOHI
E HĀKINA MATU MO TE
REHUTANGA ME ITI AKE KI
TĒRA E WHAKAMAHI KIA
KOTAHI TAIMA ANAKE.

HEOI
ANŌ, KA MATE I
NGĀ 25 TĀNGATA MĀ
TE HĀKINA MATU KEI
RARO I TE TEKAU MĀ
WHITU PAKEKE O ROTO
I TE TEKAU TAU! KO TE
TEKAU MĀ RUA PAKEKE
TE TAMAITI.

KA HAERE TIKA I NGĀ PAIHANA O TE
MATU KI NGĀ PUKAHUKAHU NŌ ROTO
I NGĀ ARA TOTO. KIA TAE TIKA ATU E
NGĀ PAIHANA KI TE RORO KIA HAURANGI
NEKE ATU I TE KOTAHI MENITI.

KO TE NUINGA O NGĀ TĀNGATA KA MĀUIUI I MURI MAI TE
KAI MATU. TĒNA PEĀ KO TE WHA HAORA TAE ATU KI TE
KOATAHI RĀ TE ROA O TE MĀUIUI.

POISONOUS

KO TE ĀHUA O TE
REHUTANGA PĒRA I
TE RERERANGI ME TE
RANGIRUA. KAHORĀ
ANŌ KIA TAU TE MAHI
HINENGARŌ KI TE MAHI
TINANA, ME TE KAHA
HAUNGA O TE HĀPUTA.



KO TE MATE ME TE
PORANGI NGĀ TINO
AWENGA I AHU MAU I TE
HĀKINA MATŪ!

KO TE NUINGA O NGĀ MATU KA PIRI KI TE AHI!



NO REIRA, KIA MAHARA ATU

- KAHORE HE HAUMARUTANGA MĀ TE HĀKINA MATŪ!
- E KORE TAEA TE KARO I TE MATE!
- TIAKINA O HOA!



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

 AOD Provider
Collaborative

Funded by Counties Manukau Health



AT THE HEART
OF THE MATTER.
THE DRUG
FOUNDATION
Te Whānau Rauwharua

