

“ Kia tiaki te tangata i a ia anō, he whiringa manawaroa tērā.

Self-care is a resilient choice

“ Kia kaha i te mōhio he taituarā ōu.

Draw strength from having others to lean on

“ Me kaua tētahi e rongō kau i te mamae o te hara, o te pōkaikaha rānei.

No one should suffer the pain of crime or loss alone

“ E pai ana kia pātai mō ētahi āwhina i ngā wā e tika ana.

It's okay to ask for support when you need it

“ Me atawhai i a koe anō.

Be kind to yourself

“ Ko tō te pāmamae wā ki a ia.

Grief takes the time it needs



“ He rerekē ngā wheako ngaukino o ia tangata.

Everyone's experience of trauma is different