



Do you experience mental distress?

Are you Maori?

Are you aged between 17-24 years old?

If this is you or someone you know, we would love to hear from you!

We are pulling together a **Rangatahi Whaiora Group**, for those who would like to help in making positive change by sharing your experience with others

If this sounds like you, or if you would like to find out more information, please contact [Email cinnamon@thrive.org.nz](mailto:Email.cinnamon@thrive.org.nz)

Text Cinnamon 022-1831409

Twitter @ThriveLMLM

Facebook group: <https://www.facebook.com/groups/RangatahiTuatahi/>

