

# Grow your **FLO** by:

**Embracing our culture**

**Connecting during  
the tough times**

**Talking  
to others**

**Building strong  
family relationships**

**Tapping into  
our spirituality**



*Pasifika for life*

**LeVa**

# *Connect to get more help.*

## *Free Phone:*

Tautoko: **0508 828 865**

Youthline: **0800 376 633**

Lifeline: **0800 543 354**

OUTlineNZ: **0800 688 5463**

Depression  
Helpline: **0800 111 757**

The Low Down: **thelowdown.co.nz**  
**Free Text 5626**

Le Va FLO Suicide  
Prevention  
Knowledge Bank: **flopasifika.co.nz**

**Your local provider .....**

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