



Are you a close contact for Covid-19? Stop, take a deep breath.  
**You are okay – now follow the instructions from the text.**

Scan the QR Code to see how you could manage your emotions.



need a chat? 0800 111 315

[www.MATES.net.nz](http://www.MATES.net.nz)





Are you a close contact for Covid-19? Stop, take a deep breath.  
**You are okay – now follow the instructions from the text.**

Scan the QR Code to see how you could manage your emotions.



need a chat? 0800 111 315

[www.MATES.net.nz](http://www.MATES.net.nz)





Are you a close contact for Covid-19? Stop, take a deep breath.  
**You are okay – now follow the instructions from the text.**

Scan the QR Code to see how you could manage your emotions.



need a chat? 0800 111 315

[www.MATES.net.nz](http://www.MATES.net.nz)