



# Brew Monday

Take time for a cuppa and a chat

#nzbrewmonday



Turn Blue Monday into Brew Monday. Take time to connect with friends and work colleagues over a cuppa to improve your mental health. Talk and listen, be there, feel connected.

To support Samaritans get together with friends or work colleagues for a cuppa and share your moment on social media using the hashtag #nzbrewmonday or text the word HOPE to 5785 to donate \$3 to Samaritans to help prevent suicide in New Zealand.

SUPPORTED BY:



[Samaritans.org.nz](https://www.samaritans.org.nz)