

Mental-Health Day Voucher

Awarded to: _____

This voucher allows you one day off school (or work) for your own Mental-Health. You don't need to fake being sick to get a day off. Simply present this voucher to your caregiver (or supervisor) and ask politely for a day off. This voucher is valid only once so pick your day wisely and make sure you take it easy on your Mental-Health day.

Authorised by the King of Haumoana

King Andy
Sept. 2003

