

SEE US

EquallyWell 

# FLU SEASON 2026

**FREE FLU  
VACCINE  
ELIGIBILITY**

If you receive support from mental health and addiction services, or if you have been diagnosed with any of these four mental health conditions:

- ◆ Schizophrenia
- ◆ Major depressive disorder
- ◆ Bipolar disorder
- ◆ Schizoaffective disorder

## YOU QUALIFY FOR A FREE FLU VACCINATION

### Unsure about your eligibility?

Ask your health professional. Even if you are not eligible, getting a flu vaccination is a great way to support your wellbeing, your whānau and your community.

### Where to get it?

Visit your nearest pharmacy or your GP

Find out more: [info.health.nz/flu](https://info.health.nz/flu)