



I AM HE(R) Charitable Trust

We make it the talk of the town

www.iamher.org.nz

1 in 5 NZ adults experience mental illness in any year. Would you know how to respond? Our MHFA workshops are facilitated by Wintec and teach you how to assist someone who is experiencing mental health problems.

Mental Health **First Aid** Training

FREE for

ALL International Students in Waikato

Most people know something about common first aid problems such as cuts and grazes, coughs and colds, sprains and strains. However, are you equipped to recognise if a friend is having mental health issues?

Topics covered:
Depression, anxiety, psychosis, substance misuse, suicidal thoughts and behaviour, panic attacks, severe psychotic states, severe alcohol or drug misuse and aggressive behaviour.

This course is FREE for all international students. Please note that this course is not a therapy or support group. It is an education workshop where you will learn how to give mental health first aid to those in need.



To register email info@iamher.org.nz or phone 021 100 7363

More details on our Facebook page [@IAMHERCharitableTrust](https://www.facebook.com/IAMHERCharitableTrust)

