

**Some emergencies
start with**

'I'm fine'

**Join our free
Mental Health Webinar**

Listening saves lives

Our free webinar will introduce and explore what mental health really means, why it can be hard to talk about, and how learning more helps us support ourselves and others – turning awareness into action that makes a real difference and lasting impact in your whānau, workplace, and community.

Wednesday 8 October 6pm

[Register Here](#)

Friday 10 October 12pm

[Register Here](#)



**Hato Hone
St John**