

**How are you...**  
*really?*

## **Free Mental Health Webinar**

Join our free 30 minute webinar exploring what mental health really means, why it can be difficult to discuss, and how understanding it better helps us support ourselves and others.

You'll also learn about our mental health programmes and courses available and how they can help build healthier whānau, workplaces, schools and communities.

**Friday 16 October 12–12:30pm**

**[Register Here](#)**



**Hato Hone  
St John**