

# YOU-VOLUNTEER

Basic training program for youth interested in volunteering for the cause of mental health

**YOU ARE INVITED**

*If You are between 18-35 yrs. of age*

*If You believe there can be no health without mental health*

***If You want to do those little things that can go a long way for people with mental health issues & to spread awareness***

If You want to learn more about how you can contribute to the cause of mental health

If You are willing to invest 2 full days (1st-2nd September) for brief training and a few weekends (2-3 hours/week) for action-projects during September-October 2017

**Volunteers do not necessarily have the time; they just have the heart. ~ Elizabeth Andrew**

*Shall we count you in?*

Send us a mail with the subject line 'Count me in!' to register for this. (last date: 26th Aug)  
Do mention your name, age, what you are currently doing and let us also know why you are interested in this program. Of course, its free training and yes, we do give you a certificate for your efforts !

E-mail: [positivepsychology.nimhans@gmail.com](mailto:positivepsychology.nimhans@gmail.com)