



Mental Health of Youth

I'M OK/I'M NOT OK – HOW DO WE KNOW?



We will explore the natural systems that enable us to know when we are not well and how our natural mental health "immune system" returns us to wellness. Does being young make it easier or harder? We will explore why and what to do to find what is possible – for you!

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Co-author, The Practitioners
Guide to Mirroring Hands
Managing Editor The Science of
Psychotherapy
Past-President GAINS
Patron ASCH

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9.30 am



Meeting ID:
940 4137 6362
Passcode: rcss

Moderator: DR. M.K. JOSEPH CMI
Head of the department
Rajagiri College of Social Sciences

ZOOM LINK:

[https://zoom.us/j/94041376362?](https://zoom.us/j/94041376362?pwd=VOIBUVNRZHp3bThGemtaTHljYzdFdzO9)
[pwd=VOIBUVNRZHp3bThGemtaTHljYzdFdzO9](https://zoom.us/j/94041376362?pwd=VOIBUVNRZHp3bThGemtaTHljYzdFdzO9)