

THE KEY TO LIFE IS HOPE! BE THAT HOPE



WHAT?

Our purpose is to drive positive, societal, attitudinal change in the way kiwis, think, act and feel about mental health and build a more hopeful future for our kids.



WHY?

40% of kids will have a major crisis often associated with some type of suicidal thinking before they leave school. 80% of those kids never ask for help because they are worried about what society will think, say, or do. Until societal attitudes change the problem will remain the same.



HOW?

I Am Hope visits schools up and down the country normalising overthinking. Despite being a daily challenge for everyone, overthinking is one of the most isolating experience that a young person can have and no one is talking about it.

I Am Hope's ambassadors reduce the barriers to this kōrero by sharing their own vulnerable stories of hope and showing young people that the inner critic is both normal and manageable.



www.iamhope.org.nz



WHAT CAN YOU DO?

Throughout the year our **I Am Hope** ambassadors will visit over a hundred schools and communities up and down NZ delivering our message of hope.

The **I Am Hope** tours are an unfunded service delivered at no cost to schools and communities and all costs are met by our charity. We need your donations to keep up with the growing demand.

The **I Am Hope** school programme is an investment in our children's future. Together we can build a better informed and more resilient generation of young people and arming them with tools to pass on to future generations.