



National Institute of Mental health & Neuro Sciences

Institute of National importance

NIMHANS Centre for Well-Being(NCWB)

Date: 23/11/2019

Time: 9.00am to 4.00 pm

Workshop on “**OVERCOMING DRUG ADDICTION: HOW CAN WE HELP AFFECTED INDIVIDUALS?**”

This workshop is designed to empower individuals to offer assistance to addictive drug users, so that they are able to quit use.

By participating in the workshop, you will be able to:

- Recognize the importance of quitting drug use as an integral part of a healthy lifestyle
- Understand the concept of craving and certain ‘high-risk situations’ that can trigger craving & subsequent alcohol use
- Offer assistance to drug users, so that they are able to overcome the urge to use the drug in specific situations likely to trigger use

Who can participate in the workshop?

- Students
- Parents
- Health workers
- Counselors
- Volunteers
- Teachers
- General public



Organizers/Resource persons: Dr Prasanthi Nattala, Dr K S Meena, Dr Pratima Murthy

Date & Time: 23/11/2019, from 9.00 am to 4.00 pm.

Registration Fee: Rs.300/- for students and Rs.500/- for others

A maximum number of 40 participants will be accommodated on first come first serve basis.

For registration contact:

NIMHANS Centre for well-Being (NCWB)

1/B, 9th Main, I Stage, BTM Layout, Bengaluru – 560076

Phone - 080-26685948 or 9480829670

Email – nimhans.wellbeing@gmail.com