

# Arusha Mental Health Trust (AMHT)

*Facilitating Mental Health Care in Arusha*

a place to learn

## “Our Programmes”

### Training for Companies & Organisations:

Substance abuse  
Anger, Anxiety  
& Stress management  
Personality types  
(Enneagram and MBTI)  
Self-Care  
Communication  
Conflict management  
Aggression and Bullying  
Cross Cultural Awareness

### Educational for Health Workers & NGOs:

Substance abuse  
Basic counselling skills  
Self-Care  
Sexual abuse  
Child protection policy  
Teens and sex  
Personality Types  
(Enneagram and MBTI)  
Anxiety, Anger  
& Stress Management  
Conflict management  
Aggression and Bullying

A PLACE TO LEARN

