



ENGLISH WALK-IN HOURS

FOR (INTERNATIONAL) YOUTH AND STUDENTS, AGED 18-27

STRUGGLING WITH THEIR MENTAL HEALTH

THURSDAY EVENING

19.00-21.00 h

every other week, even weeks starting april 4th

BIJLEVELDSINGEL 78 - NIJMEGEN

IOTA NOA IS A SAFE PLACE WHERE YOU CAN BE YOURSELF. FEEL FREE TO STOP BY FOR A CUP OF COFFEE OR TEA, A SYMPATHETIC EAR OR JUST TO BE THERE!



OPEN WALK-IN

At the open walk-in there is room to be yourself. You can share your story and find recognition from other participants. You are free to decide what to share and what not. There are two experts by experience present who are open to your questions about mental vulnerability and related topics.

Sometimes we organize an activity. This can be, for example, a theme discussion or a creative activity. The activities are low-key and you can decide for yourself whether to participate.

PARTICIPATE

To participate, you do not need a referral. And there are no costs involved. You are free to walk in during opening hours. You can also register yourself. This can be done via nijmegen@ixtanoa.nl

IXTA NOA

Ixta Noa works with experts from experience for people with a mental vulnerability and for their environment. Ixta Noa believes in making a difference in our lives when we inspire each other by sharing our experiences.

In our 'Praktijkhuis' people can be who they are.

More information:

024 679 37 82

nijmegen@ixtanoa.nl

www.ixtanoa.nl

Ixta Noa works in collaboration with Radboud University, Student Support

