



A Brief Introduction to the booklet **Towards My Inner Han-gu-ghin** (Korean/Korean-ness): Mental health and Recovery presents the concept of mental health and recovery in New Zealand context. It has been written by a team of dedicated Sae Woom Tor members with the hope of proving a potent tool for guiding Korean individuals and communities in addressing the mental health needs. **Towards My Inner Han-gu-ghin** (Korean/Korean-ness): Mental health and Recovery connects a link between experiences of Korean New Zealanders and their mental health needs, with a strong emphasis on Korean cultural themes and perspectives. The booklet includes a step-by-step guide on how to get help from a range of mental health organisations, a brief introduction to major mental illnesses, different types of treatments/ interventions available and useful contact details to get help.

**Towards My Inner Han-gu-ghin** (Korean/Korean-ness) is the title of the booklet and also it is the title of special columns in the booklet which highlight Korean cultural perspectives on mental health issues and gently guide towards the concept of recovery.

Sae Woom Tor is a charitable trust set up in 2009 to support and help Korean individuals and/or their families who suffer from mental illness and to give them hope for the future. Sae Woom Tor aims at promoting the mental health and wellbeing of all people in the Korean community by providing information, education and advocacy to the appropriate services which support people with mental illness. The members are both Korean and English speaking mental health and addiction professional group, including psychiatrists, social workers, nurses and counsellors.

