Mental health first aid is a thoroughly evaluated, evidence informed, skills development course for community members.

WHAT IS MENTAL HEALTH FIRST AID?

We all experience life's ups and downs.

Mental Health First Aid (MHFA) is a course that shows you how to deal with many different challenging situations as well as teaching you how to support others going through a difficult time or who may be in acute mental distress.

Using real life situations, trained instructors show you how to listen without judgement, also how to support and encourage people to seek professional help if needed.

WHAT WILL I LEARN?

You will learn a lifelong skill that will make a positive difference to you and others.

The MHFA program workshops we provide communities are:

Standard MHFA for all communities
Whānau MHFA for our Māori community
Pasifika MHFA for our Pacific community

WHO SHOULD ATTEND?

The course is open to any adult (18 years and over) who is interested in attending training in Mental Health First Aid (MHFA).

INVESTMENT

The MHFA course is $395.00 however discounts are sometimes available for particular groups. Fully catered - morning and afternoon tea and lunch are provided. Participants are given their own Mental Health First Aid manual as well as a certificate upon completion.

HOW DO YOU REGISTER TO ATTEND?

To find dates and times and to register to attend the venue closest to you, please see our website https://stepstone.org.nz/education/mhfirstaid/

If you need help with registration or just want to discuss if this workshop is right for you, please email us at mhfa@stepstone.org.nz or phone our Reception on (03) 338 6390.

Please Note: *This course is not a therapy or support group. It is mental health literacy, and an educational workshop, and a course in which you will learn to give mental health first aid to those in need.*

Mental Health First Aid Course

stepping stone trust
Te Roopu o te Taumata Kohatu
COMMUNITY MENTAL HEALTH RECOVERY SERVICES
www.stepstone.org.nz

- ✓ Learn to recognise the signs + symptoms of mental distress
- ✓ Grow your knowledge of mental health risk factors
- ✓ Support your community and colleagues
- ✓ Be empowered and equipped to help people in times of crisis

- 2-day comprehensive course
- $395 incl. GST and fully catered
- Certificate awarded upon completion and a Mental Health First Aid Manual
- Phone for more info. 027 4411 072

Mental Health First Aid Aotearoa

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HOW IS THIS MENTAL HEALTH FIRST AID COURSE DIFFERENT?

This course has been developed over more than 15 years by a combination of university researchers, professionals and people with lived experience of mental distress and illness in Australia and New Zealand. It is an accredited, international programme and has been presented to over 4 million participants in more than 24 countries. It is adapted under licence in New Zealand to reflect New Zealand culture, services and statistics.

"Very helpful info, fun, interactive, great presenters, fantastic food - thank you!"

Course participant

"I learnt heaps and feel more confident about dealing with a crisis."

Course participant

LEARNING OUTCOMES

Our MHFA workshop teaches you how to assist someone who is experiencing mental distress, or who may be developing a mental illness, or is in a mental health crisis.

Mental illness topics covered:

- Depression
- Anxiety
- Psychosis
- Substance misuse

Mental health crisis topics covered:

- Suicidal thoughts and behaviour
- Panic attacks
- Severe psychotic states
- Severe effects from alcohol or drug misuse
- Aggressive behaviour

RESEARCH HAS SHOWN MENTAL HEALTH FIRST AID TRAINING IS ASSOCIATED WITH:

KNOWLEDGE

Improved knowledge of mental illnesses, their treatments and appropriate first aid strategies.

CONFIDENCE

Confidence in providing first aid to a person experiencing a mental health problem.

DE-STIGMATISING

Decreases in stigmatising attitudes.

INCREASED SUPPORT

Increases in the amount and type of support provided to others.

ALGEE & MAURI FIVE STEP ACTION PLANS

During a workshop, you will learn the ALGEE or MAURI five step action plan.

The ALGEE action plan is used in the Standard and Pasifika workshops. The MAURI action plan is used in the Whānau workshop.

ALGEE action plan:

- Approach, assess and assist with any crisis
- Listen non-judgmentally
- Give support and information
- Encourage appropriate professional help
- Encourage other supports and help

MAURI action plan:

- Make an assessment of the risk of suicide or self-harm
- Attentive, non-judgmental listening
- Understand and give reassurance and information
- Remember to encourage the person to get appropriate professional help/awhi
- Inform them of self-help/awhi strategies.

COURSE FORMAT

The MHFA workshops usually run across two full days, or four evenings or a weekend. The benefit of attending over more than one day is the opportunity to reflect between sessions on what you have learned or experienced each day. There is also the opportunity to ask questions and/or confirm your understanding from what you have learned during a previous session.