



HOW IS THIS MENTAL HEALTH FIRST AID AOTEAROA 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 license in New Zealand to reflect New Zealand culture, services and statistics.



Our Standard Mental Health First Aid (MHFA) course is for adults who want to support other adults. This face-to-face two-day training equips people with the skills and knowledge to support other adults across a diversity of settings and populations when they are experiencing a mental health crisis or challenge.



This course is for adults (18+) supporting young people (aged 11 to 18). Our Youth MHFA Aotearoa two-day training course is in person and empowers adults with the skills, knowledge and confidence to assist a young person experiencing a mental health challenge or crisis.

Note: These courses are not a therapy or a support group.

- 2-day comprehensive course .
- \$395 incl. GST and fully catered - discounts are sometimes available for particular groups.
- Accreditation as a MHFA awarded upon completion and a Mental Health First Aid Aotearoa Manual.

Our MHFA Aotearoa 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

MENTAL HEALTH

WORD SEARCH

G P L W O K J Y S D O F P M
 Y S E V D I S U O X A T U Y Q V
 X R F R I E N D S Q A T W S S
 Q M E S A E R N E N J R B W U
 I T T F C C F Q R N X C S N I
 C O C I I L S U Y D K I C G O
 M G N I K L A W P N B Z A L A
 N Z U U R H Y K Y U A C X S A U
 V O U H Y G Y Z R L N D D U X
 C P T N S T H P Y R A I O Z A
 S G N I L E E F K R O T C O D
 S R Z D F Y S I V K G W N F M
 U W A G S O L M X R V N B E M
 I C X C E M O T I O N S D A W M
 Y H Y W F Y G B M F A J Y U W
 T O T Z S U W P J A B I X J M
 K L I G G O H Y Y S F X X S F
 I G J J M P C K P H K Z T S
 B U L V A T Y I K P E P S A A
 C V S O W U K L A T A G J Y S
 F Z L S P Y U N K L L H R O V
 Q C Q I X U N K B X T A N I W
 Y S S E R T S T L T H L W U W
 Z J W P M E G S Z U K Y J Q I
 J Q X S F L F M S E L F Q B Y
 I D R D Z W K A P H K P J O E T

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|----------|--------|-------|
| Emotions | Doctor | Angry |
| Unhappy | Health | Panic |
| Feelings | Family | Mood |
| Walking | Mental | Fear |
| Anxiety | Stress | Talk |
| Friends | Social | Life |
| Scared | Worry | |

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:

stepstone.org.nz/education/mhfaotearora/

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.



Delivering Mental Health First Aid Aotearoa to your community



LEARN to recognise the signs + symptoms of mental distress

GROW YOUR KNOWLEDGE of mental health risk factors

BE EMPOWERED and equipped to help people in times of crisis

SUPPORT YOUR COMMUNITY & COLLEAGUES

