



**Mental  
Health  
First Aid**  
Aotearoa

# Mental Health First Aid Aotearoa

**About 1 in 5 New Zealand adults experience challenges with mental health in any year.**

This means that at some stage, everyone will have close contact with someone experiencing a mental health challenge or crisis.

## Would you know how to respond?

A Mental Health First Aid course will teach you how to provide initial support to adults who may be experiencing a mental health challenge or mental health crisis, until the crisis resolves, or specialist help is accessed, using a practical evidence-based Action Plan.

### Mental health challenges covered

- › Depression
- › Anxiety
- › Psychosis
- › Problematic substance use

### Mental health crises covered

- › Suicidal thoughts and behaviours
- › Non-suicidal self-injury
- › Panic attacks
- › Traumatic events
- › Severe psychosis
- › Severe effects from alcohol or other substance use
- › Aggressive behaviours



*This workshop provided a safe place to learn the skills to support someone who might be experiencing a mental health challenge. It raised my awareness of mental health challenges, increased my confidence to have important conversations and provided the knowledge of local resources which could help. It is a course that will benefit anyone.*

## Why attend a Mental Health First Aid course?

Evaluations consistently show that Mental Health First Aid training improves understanding of the mental health challenges people experience, their options for treatments and helpful first aid strategies. Participants report increased confidence in their ability to offer Mental Health First Aid which enables early access to help. The training also decreases stigma and discrimination that many people with mental health and addiction challenges experience.

Standard	Workplace	
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In-person	Blended in-person	Online
A 2-day course led by an accredited MHFA Aotearoa instructor.	Self-paced e-learning modules (approx. 5-7 hours), followed by a 6-hour in-person course led by an accredited MHFA Aotearoa instructor.	Self-paced e-learning modules (approx. 5-7 hours), followed by two 3-hour video conferencing sessions led by an accredited MHFA Aotearoa instructor.

## Who delivers Mental Health First Aid training?

Mental Health First Aid Aotearoa trains individuals to become accredited instructors. Those instructors go on to deliver Mental Health First Aid training courses to workplaces, schools, community groups, and individuals across the country.

## How do I find a course?

Mental Health First Aid instructors run open workshops that individuals can attend or workshops for a group or organisation. Whatever your needs, visit [www.mentalhealthfirstaid.nz](http://www.mentalhealthfirstaid.nz) to find a local instructor.



### Who can attend this course?

Anyone over 18 can attend.

*Note: This course is not a therapy or a support group.*

### Want to become an instructor?

Visit [www.mentalhealthfirstaid.nz](http://www.mentalhealthfirstaid.nz)