

## Mental Health First Aid Aotearoa

UNIT STANDARD: N/A

### Outline

*This course is designed for students to learn how to assist someone who is developing a mental health challenge or is in a mental health crisis.*

*The course covers the most common mental health challenges in New Zealand; depression, anxiety, psychosis, eating disorders, gambling harm and problematic substance use. The mental health crises covered include suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks, traumatic events, psychosis, acute effects from substance use and aggressive behaviour.\**

*The interactive course content has been adapted to be specifically relevant within the cultural context of New Zealand including workplace scenarios and guidelines for providing MHFA when someone identifies as Maori or Pasifika.*

**\*Trigger warning: The content of this course may be emotionally challenging for some students.**

This course has been designed for:

- Anyone over 18 years of age who wants to gain increased confidence in their ability to offer Mental Health First Aid which enables early access to help.

### Objectives

On successful completion students will be able to:

- Confidently provide initial support to adults experiencing a mental health problem or crisis, using the evidence-based ALGEE 5 step action plan:
  - Approach, assess and assist any crisis.
  - Listen and communicate non judgementally.
  - Give support and information.
  - Encourage professional help.
  - Encourage other supports.
- Understand the mental health challenges people experience, when to intervene, their options for treatments and helpful first aid strategies.
- Respond to mental health and addiction needs at a level that is appropriate to their day-to-day roles.
- Better promote and destigmatise mental health in the workplace.
- Complete an online assessment to be accredited for three years as a Mental Health First Aider.



### ASSESSMENT:

This course has an optional off-course assessment.

**DURATION:** 2 days  
**CLASS SIZE:** Maximum 16