



FIRST AID FOR MENTAL HEALTH CAN HELP SAVE LIVES

At some time in their lives one in six New Zealanders will be diagnosed with a mental illness, which means you or your employees are highly likely to be affected by a mental health issue directly or indirectly. Positive mental health can lead to better outcomes for employees and businesses alike.

What is Mental Health First Aid (MHFA)?

We all experience life's ups and downs yet how each of us copes with the downs differs. Mental Health First Aid is a programme that helps you understand how to deal with challenging life situations. It also teaches you how to support others within your organisation who are going through a difficult time. Using real life situations, trained instructors show you and/or members of your team, how to listen without judgement, enabling you to actively support and encourage team members to seek professional help if needed.

What will you learn?

You will learn a lifelong skill that will make a positive difference to you and others. This certification programme is mental health literacy, which through an educational workshop teaches you to give mental health first aid to those experiencing mental health distress, developing a mental illness or in a mental health crisis.

Please note: This course is not a therapy or support group.

Mental illness topics covered	Mental health crisis topics covered
» Depression	» Suicidal thoughts and behaviour
» Anxiety	» Panic attacks
» Psychosis	» Severe psychotic states
» Substance misuse	» Severe effects from alcohol or drug misuse
	» Aggressive behaviour

During a workshop, you will learn the **ALGEE** five step action plan:

- 1** APPROACH, ASSESS AND ASSIST ANY CRISIS
- 2** LISTEN WITHOUT JUDGEMENT
- 3** GIVE RELEVANT AND INSIGHTFUL SUPPORT AND INFORMATION
- 4** ENCOURAGE RELEVANT PROFESSIONAL HELP
- 5** ENCOURAGE OTHER TYPES OF SUPPORT IN A MENTAL HEALTH CRISIS

What's included:

The programme is 12 hours in duration, over 2 days (six hours per day). Everyone who attends the course receives their own copy of the MHFA manual; a Mental Health First Aid Certificate which is valid for 2 years; and, a self-care pack - because helping others, starts with helping yourself.

To arrange your session, please contact HR Partner, Alicia Meyer on 09 948 2105 Or, email alicia@pod.co.nz

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