

MENTAL HEALTH FIRST AID

For Our Community

**Free
Community
Workshop**

What is Mental Health First Aid (MHFA)?

Standard first aid courses are aimed at developing people's skills in responding to a medical emergency. Most of these courses do not support people experiencing mental health difficulties.

Mental health concerns are much more common than you think. As per, Te Rau Hinengaro:

The New Zealand Mental Health Survey, approximately one in five adults will experience some form of mental illness in any given year. That means that all members of our community can expect to have close contact with someone experiencing a mental illness.

Who should attend

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

Please note that this course is not a therapy or a support group. It is an education workshop where you will learn how to give mental health first aid to those in need.

Learning Outcomes

Our MHFA workshop teaches you how to assist someone who is 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

During this workshop, you will learn the ALGEE five steps action plan:

- A**pproach, assess and assist any crisis
- L**isten without judging
- G**ive support and information
- E**ncourage relevant professional help
- E**ncourage other supports



**MENTAL
HEALTH
FIRST AID
TRAINING**
NEW ZEALAND/AOTEAROA

For more information:

Dates: September 16 & 23

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