

**Mental health first aid is a thoroughly evaluated, evidence informed, skills development course for community members**

### WHAT IS MENTAL HEALTH FIRST AID?

We all experience life's ups and downs.

Mental Health First Aid (MHFA) is a programme that helps you know how to deal with challenging life situations. It also teaches you how to support others who are going through a difficult time.

Using real life situations, trained instructors show you how to listen without judgement and support and encourage people 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.

The MHFA program workshops we provide communities are:

- Standard MHFA for all communities
- Whānau MHFA for our Maaori community
- Pasifika MHFA for our Pacific community

### WHO SHOULD ATTEND?

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

### INVESTMENT

The MHFA workshop is \$225.00. Morning and afternoon teas and lunch are included. Participants receive their own copy of the Mental Health First Aid workshop manual. You will also receive a certificate on completion.

### HOW DO YOU REGISTER TO ATTEND?

To find dates and times and to register to attend the venue closest to you visit our website [www.stepstone.org.nz](http://www.stepstone.org.nz)

If you need help with registration or just want to discuss if this workshop is right for you, please email [mhfa@stepstone.org.nz](mailto:mhfa@stepstone.org.nz) or Call Reception on (03) 338 6390

*Please Note: This course is not a therapy or support group. It is mental health literacy, and educational workshop in which you will learn how to give mental health first aid to those in need.*



 **stepping  
stone trust**  
Te Roopu o te Taumata Kohatu  
COMMUNITY MENTAL HEALTH  
RECOVERY SERVICES

## HOW IS THIS MENTAL HEALTH FIRST AID 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 2 million participants in more than 25 countries. It is adapted under licence in New Zealand to reflect New Zealand cultures, services and statistics.

**Very helpful info, Fun, interactive, Great presenters, fantastic food - thank you!**

- Course participant -

**"I learnt heaps and feel more confident about dealing with a crisis."**

- Course participant -

## LEARNING OUTCOMES

Our MHFA workshop teaches you how to assist someone who is experiencing mental distress, 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

## RESEARCH HAS SHOWN THAT MENTAL HEALTH FIRST AID TRAINING IS ASSOCIATED WITH:

### KNOWLEDGE

Improved knowledge of mental illnesses, their treatments and appropriate first aid strategies.

### CONFIDENCE

Confidence in providing first aid to a person experiencing a mental health problem.

### DE-STIGMATISING

Decreases in stigmatising attitudes.

### INCREASED SUPPORT

Increases in the amount and type of support provided to others.

## ALGEE & MAURI FIVE STEP ACTION PLANS

During a workshop, you will learn the ALGEE or MAURI five steps action plan. The ALGEE action plan is used in the Standard and Pasifika workshops, the MAURI in the Whānau workshop.

ALGEE 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 in a mental health crisis.

MAURI action plan:

**M**ake an assessment of the risk of suicide or self-harm  
**A**ttentive, non-judgmental listening  
**U**nderstand and give reassurance and information  
**R**emember to encourage the person to get appropriate professional help/awhi  
**I**nform them of self-help/awhi strategies

## COURSE FORMAT

The MHFA workshops run across either 2 days (6 hours each day) or 3 days (4 hours each day). The benefit of these workshops is that there is a chance between sessions to reflect on what you have learned or experienced each day. There is also the opportunity to ask questions and/or confirm your understanding from what you have learned during a previous session.