

# Mental Health First Aid Training

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 mental health challenges.

## Learn Practical First Aid Skills

Mental health first aid (MHFA) is an evidence-based training course which gives your employees the skills and confidence to have supportive conversations with their co-workers and help guide them to professional help if needed. It has been shown to increase knowledge, confidence, helping behaviours, and reduce stigma. The MHFA training course is a highly interactive programme developed for the New Zealand context with videos, workshop exercises, group discussions and informative material content including guidelines for providing MHFA when someone identifies as Māori or Pasifika.

The MHFA course covers signs, symptoms, and evidence-based treatments for the following common conditions

- Depression
- Anxiety
- Psychotic
- Substance use problems



The MHFA course also provides first aid guidelines for the following crises situations:

- Suicidal thoughts, feelings or behaviours
- Panic attacks and Traumatic events
- Severe psychotic episodes
- Intoxication and Aggression



## Become a Mental Health First Aider

People who attend MHFA training can complete an online assessment to be accredited for 3 years as a Mental Health First Aider. Just like appointing physical first aid officers, many organisations choose to appoint accredited Mental Health First Aiders to the role of MHFA officer within the workplace.

## Delivery Methods



**Face to Face:** 2 day programme with a maximum 20 participants.



**Online:** 2 x 2.5 hrs online facilitated programme via video conference & 5-7 hours of self-paced eLearning.

## Benefits to organisations

- Better promotion of mental health in the workplace
- Peer Support Network
- Reduced absenteeism and presentism
- Increased productivity
- Improved access to mental health support services



## Key Outcomes from Training

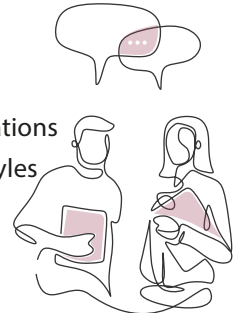
- KNOWLEDGE - Increased mental health literacy
- CONFIDENCE - Increased confidence in providing mental health first aid
- DE-STIGMATISING - Decreased stigmatising attitudes
- SUPPORT - Increased support provided to others within the workplace

## Benefits of HSE Global Facilitation

HSE Global will work with your organisation to determine the best delivery method and how MHFA training aligns with your Mental Health and Wellbeing strategic plan.

## HSE Global facilitators have

- Decades of industry experience
- Post Graduate mental health qualifications
- Dynamic and engaging facilitation styles
- Trained over 20,000 participants in mental health awareness



## Refresher Training

The refresher course allows people who have previously completed a MHFA course to refresh their knowledge and skills and an opportunity to extend their accreditation for a further 3 years. Participants will gain an understanding of the latest research in the mental health field, learn the 3 key actions to help someone experiencing suicidal thoughts and behaviours, and work through complex mental health first aid interactions.



Run over two days, I personally learned that nearly everything I had done or thought in the past about Mental Health, though well intentioned, was wrong! I would recommend the course, not just for Managers, but for all people."

## For more information

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**Mental  
Health  
First Aid**  
Aotearoa