



**Mental  
Health  
First Aid**  
Aotearoa

# Mental Health First Aid Aotearoa

**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.

## Would you know how to respond?

A Mental Health First Aid course will teach you how to provide initial support to adults who may be experiencing mental health challenges or mental health crisis, until the crisis resolves, or specialist help is accessed, using a practical evidence-based Action Plan.

### Mental Health crises covered:

- › Suicidal thoughts and behaviours
- › Non-suicidal self-injury
- › Panic attacks
- › Traumatic events
- › Severe psychotic states
- › Severe effects from alcohol or other substance use
- › Aggressive behaviours

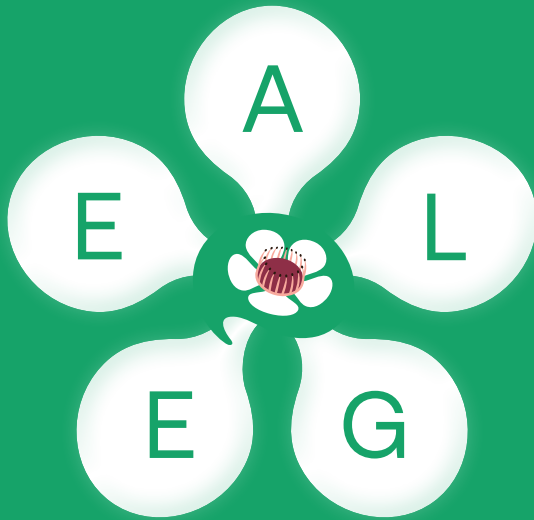
### Mental Health challenges covered:

- › Depression
- › Anxiety
- › Psychosis
- › Substance use problems



*This workshop provided a safe place to learn the skills to support someone who might be experiencing a mental health challenge. It raised my awareness of mental health challenges, increased my confidence to have important conversations and provided the knowledge of local resources which could help. It is a course that will benefit anyone.*

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



**A** pproach, assess and assist any crisis

**L** isten and communicate non judgementally

**G** ive support and information

**E** ncourage professional help

**E** ncourage other supports

### Why attend a Mental Health First Aid course?

Evaluations consistently show that Mental Health First Aid training improves understanding of the mental health challenges people experience, their options for treatments and helpful first aid strategies. Participants report increased confidence in their ability to offer Mental Health First Aid which enables early access to help. The training also decreases stigma and discrimination that many people with mental health and addiction challenges experience.



### Who can attend this course?

Anyone over 18 can attend.

*Note: This course is not a therapy or a support group.*

For more information visit  
[www.mentalhealthfirstaid.nz](http://www.mentalhealthfirstaid.nz)