

What is Mental Health First Aid (MHFA)?

We all experience life's ups and downs.

Mental Health First Aid 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 judging 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
- Whaanau MHFA for our Maaori community
- Pasifika MHFA for our Pacific community

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

Who should attend?

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

Free of Charge for any adult living within the Counties Manukau Health district who is interested in Mental Health First Aid (MHFA).

If you don't live within the Counties Manukau Health district and would like to attend please contact Ann-Marie on 021892789 or email mhfa@middlemore.co.nz.

We look forward to meeting you at our next workshop.

How do you register to attend?

To find dates and times and to register to attend the venue closest to you visit our website:

<https://countiesmanukau.health.nz/our-services/mental-health/mental-health-first-aid>

If you don't have access to a computer and/or need help with registration or just want to discuss if this workshop is right for you, please

Email: mhfa@middlemore.co.nz or

Call: Ann-Marie Higgins at Counties Manukau Health on **021 892 789**



Learning outcomes

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

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 Whaanau workshop.

ALGEE action plan:

Approach, assess and assist any crisis

Listen without judging

Give support and information

Encourage relevant professional help

Encourage other supports in a mental health crisis.

MAURI action plan:

Make an assessment of the risk of suicide or self-harm

Attentive, non-judgmental listening

Understand and give reassurance and information

Remember to encourage the person to get appropriate professional help/awhi

Inform them of self-help/awhi strategies

Course format

The program is 12-hour duration. Community workshops are usually across two days (6 hours per day), alternative options are also available e.g. 3 days / 4 hours per day. The benefit of the two or three day workshop is the time you have between those days to reflect on what you have learned and experienced on day one. Day two or three gives you the opportunity to ask questions and/or confirm your understanding of any key points that came up for you on day one.

Everyone who attends the course receives their own copy of the MHFA Manual and an ALGEE or MAURI 'five steps action plan' card. A Mental Health First Aid Certificate, valid for 2 years, is presented to you on Day two.

The Mental Health First Aid (MHFA) program is an internationally validated program for which Counties Manukau Health hold the national license.

