

## Mental Health First Aid - ACTION PLAN

### ALGEE

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

### FOR MORE INFORMATION

Email: [mhfa@middlemore.co.nz](mailto:mhfa@middlemore.co.nz)

N.B. This program is free for Counties Manukau Residents  
Register online by email or by phone.

For inhouse workshops for how to be a MHFA  
trainer, email [mhfa@middlemore.co.nz](mailto:mhfa@middlemore.co.nz)



# MENTAL HEALTH FIRST AID TRAINING

NEW ZEALAND/AOTEAROA



*'1 in 5 NZ Adults experience mental illness in any year.*

*Come along, we can help you learn how to respond'.*



## 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 First Aid is the help given to someone developing a mental health issue, such as depression, anxiety, or substance misuse or who is in a mental health crisis, like panic attacks, self-injury, aggressive behaviour.

Mental Health First Aid is given until appropriate professional treatment is received or until the crisis resolves.

## 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



## 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 is not a therapy or support group. It is an educational workshop where you will learn how to give mental health first aid to those in need.

This course is provided free of charge to any adult living within the Counties Manukau DHB area.

For all non-residents of Counties Manukau, there is a charge for our two-day workshop.