

# MENTAL HEALTH FIRST AID



CoLiberate's mission is to upgrade the mental health capability of New Zealand.

We understand that people want & need to feel confident in responding to mental health challenges within your social circles, workplaces and beyond.

CoLiberate are the accredited providers of the Mental Health First Aid Certificate Aotearoa /New Zealand and are exclusively licensed by Ko Awatea, Manakau DHB, to deliver nation wide.

The certified programme consists of 12 contact hours - 6 per day. Each participant will receive a certificate valid for 2 years on completion and a comprehensive manual to refer back to.

All participants will have opportunities to workshop and practice the first aid response, so that they feel fully equipped and confident.

The Mental Health First Aid Certificate will equip participants with the tools, understanding and capability to:

**- Assist someone experiencing mental health challenges, mental distress, developing mental illness or in a mental health crisis.**

**- Recognize and respond to mental illnesses:**

- Depression
- Anxiety
- Psychosis
- Substance misuse

**- Recognize and respond to mental health crisis:**

- Suicidal thoughts and behaviour
- Panic Attacks
- Psychotic episodes
- Severe effects from alcohol or drug misuse
- Aggressive behaviour

**- Feel confident in their role as a Mental Health First Aider to help others get the ongoing support they need.**

# TESTIMONIALS

## Recent CoLiberate MHFA participants said...

**"Having completed the course I feel confident that I have learned skills and processes that will enable me to act effectively when connecting with those in need of help. What a completely superb initiative, I would absolutely recommend to as many people as possible.**

*-Rebecca Burton (MH First Aider)*

**"Every workplace should have a mental health first aider! I now feel equipped to deal with a range of mental health crises. The confidence I gained is my biggest takeaway.**

*-Clarissa*

**"I now feel confident to reach out to people who are in need of mental or emotional support. I also feel equipped and able to help my colleagues with whatever they might be dealing with."**

*-MH First Aider*

**"The interactive approach taken to share your extensive knowledge and experience ensured a high level of engagement from those present and I know that a few of my myths were busted."**

*-MH First Aider*

**"Everyone in New Zealand should go through this training!"**

*-Lauren Peate*

**"This was a challenging but superb course which covered a lot of material in a short time frame. It needs to be an integral part of all training programmes in large Corporate entities in NZ."**

*-Judith*

**"In the first week after the course, I have used the learnings in the course in three separate mental health situations. I have also already recommended the course to other organisations too."**

*-Anne Palmer*

**"I found it extremely eye opening and educational and have already used what I have learned multiple times.**

**Jody was an incredible and compassionate teacher. I would recommend people attending this course 100%.**

**I like to think of myself as being quite aware and educated in mental health - but this course pushed that to another level. Not only do you learn cold hard facts but you learn how to put yourself in someone else's shoes and be GENUINELY compassionate."**

*-Clare Davis*

**"Excellent in everyway, best course I have completed"**

*-Ray Tuffin, Community Liason Officer,  
Wellington City Council*

