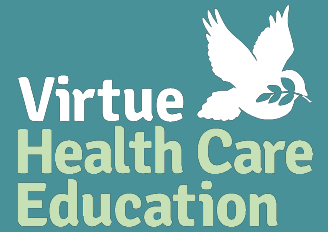


# Mental Health First Aid Workshop



## Welcome to Virtue Healthcare Education

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

QUICK INFO
<b>Duration:</b> 1 full day workshop
<b>Workload:</b> 9.00am – 4.00pm

## Training Outcomes

Trainee's will learn

- About common mental illness' and how to identify them
- De-escalation techniques
- Understanding who to contact and when
- The Mental Health First Aid Action Plan
  - Approach, assess and assist any crisis
  - Listen without judging
  - Give support and information
  - Encourage relevant professional help
  - Encourage other supports

## Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

## Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be entertaining and interactive to maximise learning outcomes and cater for different learning styles.

**If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer**

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