

MH101

Mental health learning programme

Giving people the confidence to recognise, relate and respond to people experiencing mental illness or distress.

About MH101 workshops

Do you...

- know how to support yourself and your colleagues so you're at your best at work every day?
- need staff with the skills to respond safely, thoughtfully and effectively to your customers in every situation?
- want ideas and strategies to manage health and wellbeing for yourself and your team?

Our workshop

MH101 is designed specifically for frontline staff - whether you're dealing with customers every day, supporting vulnerable populations or simply facing the typical stresses and challenges of work. During the workshop you will:

- gain an understanding of the experience of mental distress
- learn what to do and when to do it in order to support clients, family, friends, colleagues and others with mental illness
- learn strategies and gain tools for maintaining your own mental health, as well as the wellbeing of others
- learn to recognise the signs and symptoms of mental distress
- develop an understanding of how your reactions can impact on the thoughts, feelings and behaviours of others
- learn how to respond wisely in any given situation, including the risk of suicide
- understand where and when to get personal or professional help.

It's an investment

The MH101 workshop is an investment in the lives and futures of individuals and organisations, as well as our communities.

MH101 can increase productivity and efficiency for organisations. MH101 helps reduce absenteeism and provides staff with a framework which allows them to keep themselves well and 'present' in the workplace.

Across the year and across the country

Our one-day workshops can be delivered anywhere in New Zealand, at your place or ours. We can accommodate up to 25 attendees in each workshop, which runs from 8.30am – 4.30pm.

Scenarios can be tailored for your specific industry – we will work with you to ensure the workshop focuses on your workplace issues.

"This is the most incredible training I have ever attended in my entire policing career."

New Zealand Police participant



He aha te mea nui o te Ao? He tāngata, he tāngata, he tāngata.

Let me ask you, what is the most important thing in this world? It is people, it is people, it is people.

Quality learning

MH101 has been delivering excellence in mental health literacy training since 2008. Every workshop is run by expert facilitators who bring a wealth of personal and professional experience to the workshop delivery.

With 850+ workshops delivered to date, and over 22,500 attendees across New Zealand, MH101 has been proven to have a significant and long-lasting impact on the knowledge, attitudes and behaviours of those who attend.

Evaluation and reports

We provide for your organisation a workforce impact report which measures confidence levels of the participants before and after the workshop. This is a great tool to monitor the outcomes of the workshop and see how valuable it really is. You can also use the data to support wellbeing initiatives within your organisation and understand the needs of your workforce.

Course outline

Topics covered will include:

- Maintaining your own wellbeing, as well as the wellbeing of others.
- Impacts of stress and trauma.
- Overview of some major mental health diagnoses including depression, anxiety, psychosis and substance use disorder.
- Tools in how to relate to others experiencing distress.
- Where, when and how to get personal and professional help.
- Suicide and self-harm.

Do you work with people from all walks of life?

MH101 is a workshop tailored for frontline staff to help people in their day-to-day work.

This one-day workshop will help you to:

Recognise

the signs of good mental health and what you can do to maintain it; as well as the signs and symptoms of mental illness or distress.

Relate

to what people experiencing mental distress may be going through, and how your own reactions can impact on the thoughts, feelings and behaviours of others.

Respond

wisely and appropriately in any situation where a person experiencing mental illness or distress needs support.

Ready to book?

If you're interested in requesting a workshop for your organisation contact us:

Email: info@mh101.co.nz

Phone: 04 381 6473

Website: www.mh101.co.nz