

# Impact Evaluation of MH101®

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**76**  
workshops

A one-day mental health awareness workshop for New Zealanders.

**1,477**  
participants



Malatest conducted an impact evaluation using 2019 data and feedback provided by workshop participants. MH101® feedback and results are shown below.

## MH101 workshop and resources

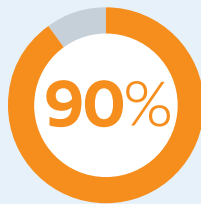
**88%**

said the workshop content was relevant to people with diverse cultural backgrounds and spiritual beliefs.

**62%**

would recommend the workshop to their colleagues.

## Responding to mental health issues



of respondents were more confident talking about mental health issues since the workshop.

“ I felt more confident asking others about their mental wellbeing and offering some support, including referrals to appropriate support services. ”



**Recognising mental health issues**

could confidently recognise signs of depression and anxiety disorder.

“ I now have a much better understanding of the various mental health issues and the support that can be provided. ”



**Self-help strategies**

were confident they knew how to look after their mental health.

Most respondents said they were using more strategies to keep themselves well.



**Relating to people experiencing mental health issues**

found the incorporation of the facilitators' personal experiences very useful or useful.

“ Excellent course. I thought it was good having the facilitator share his own battle with depression and anxiety. ”

## Supporting mental health at work

**80%**

used their learnings at work and shared their learning with colleagues.