

MH101[®] Impact Evaluation

June 2025

MH101[®] is a one-day mental health literacy workshop which gives participants the knowledge, skills and confidence to recognise, relate and respond to people experiencing mental health challenges.



156 workshops were run for organisations throughout Aotearoa New Zealand.



An impact evaluation was conducted using feedback provided by MH101[®] participants from **July 2023 to September 2024**.

It builds work-ready confidence and capability



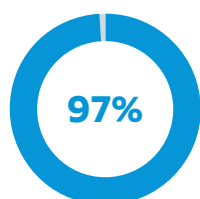
of learners found MH101[®] useful in their work.



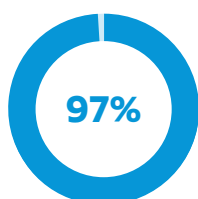
of learners received a positive response to initiating a conversation around mental wellbeing.

Confidence in recognising and responding to mental distress was **sustained 3 to 12 months** after the workshop.

It is endorsed by learners



would recommend MH101[®] to their colleagues



said that it was delivered at the right level for them to retain and use the information.

Learners described MH101[®] as **"It [MH101[®]] had brought heart and soul."**

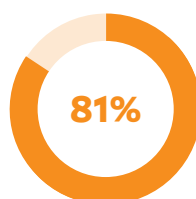
It supports a culture of care

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We've implemented regular supervision and group support sessions, which helped staff to debrief, share experiences, and support each other.



It supports participants own wellbeing



were more active in keeping themselves mentally well

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I think it raised awareness that people do need to look after their own mental health because after all, how can you help... somebody else if your mental health is not so good yourself?