



*Vikki Paealiki*

**MENTAL HEALTH FIRST AID AOTEAROA  
ACCREDITED INSTRUCTOR  
CORPORATE WELLNESS FACILITATOR**



onelessting  
**MENTAL HEALTH  
FIRST AID**

vikki@1lessting.co.nz  
021 028 54223  
[www.1lessting.co.nz](http://www.1lessting.co.nz)

# Hi, I'm Vikki!

## MENTAL HEALTH FIRST AID AOTEAROA - ACCREDITED INSTRUCTOR

I'm a **Mental Health First Aid Aotearoa Accredited Instructor**, with a driving passion to have a Mental Health First Aider in every home and business within Aotearoa.

After 25 years in the banking sector, I was clinically diagnosed with postnatal depression as a result of childbirth nearly 14 years ago - my whole world changed. I decided not to go back to the banking sector as my focus and passions had shifted. I launched **OneLessThing** in early 2012 to empower change to the Mental Health stigma.

### Te rautaki – The strategy

He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction heard substantial evidence that people and whānau want and need their voices to be heard and to be in service design and delivery.

The Inquiry recommends the Ministry of Health and District Health Boards strengthen people's voices and experience in services and be accountable for delivering on this goal.

### Te tuāpapa – Foundation

Our values guide the way we work with people: the belief there is always hope, and that resilience and wellbeing are possible for everyone.

Our values of participation, self-determination and equity are rooted in the two spheres of influence of Te Tiriti o Waitangi, describing the relationship between the Crown and Māori

### Our Vision

*Tuia ki runga*

*Tuia ki raro*

*Tuia ki te whai ao*

*Ki te ao-mārama*

*Tīhei mauri-ora!*

*Binding above*

*Binding below*

*Binding the glimmer of dawn*

*To the bright light of day*

*There is life!*

Join us as we delve into our journey of making a difference and supporting the ambitious goal of

Te Pou training 100,000

Mental Health First Aiders

within the next 10 years.

**Empower** yourself and your team with Mental Health First Aid Aotearoa courses, focusing on workplace mental health, stress, anxiety, and depression management.

**Enhance** your understanding of mental health issues and their impact on individuals and businesses, communities and your whanau.

**Acquire** the knowledge and skills to support those facing mental or emotional challenges, drive positive change in your organization and communities.

**Invest** in Mental Health First Aid training and make a lasting difference.

With experience working directly with Mental Illness (Pathways Support Worker), **OneLessThing** uses lived experience and skills strategically to build services, policies, systems and evidence. The people I share my knowledge with are both individuals and businesses, with the common goal ... *to hold, support and nurture hope and personal power for people who are wanting to learn more mental health and addiction needs.*

*Helping one person might not change the world... but it could change the world for one person.*

# Workshops

## ORGANISATION WORKSHOPS | COMMUNITY-BASED WORKSHOPS

OneLessThing provides workshops for both:

- **Organisations:** A tailored workshop plan designated to your company needs and requirements. (Overview of the problem, Overview of the solution, One Less Thing to worry about).
- **Communities:** A two-day program is designed for members of the public to learn how to assist someone who is developing a mental health crisis, introduction to the concept of MHFA, the impact of Mental Health issues and an overview of the principles and practice of Mental Health First Aid.

Training in mental health first aid helps decrease stigma and discrimination that many people with mental health and addiction challenges experience.

### Workshop Overview

A Mental Health First Aid [course] will teach you how to provide initial support to adults who may be experiencing mental health challenges or mental health crisis, until the crisis resolves, or specialist help is accessed, using a practical evidence-based Action Plan.

#### Mental Health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other substance use
- Aggressive behaviours

#### Mental Health challenges covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems

### WORKING WITH ME IS EASY

- ① Choose the workshop topics most relevant to your audience
- ② Agree date, content & logistics
- ③ Enjoy an educational & relatable workshop

### Testimonials

*I attended a Mental Health First Aid course led by Vikki and was welcomed into the learning environment by Vikki who was able to create a safe and engaging space.*

*My knowledge around Mental Health was limited before attending, but the MHFA course opened my eyes to what challenges people deal with on a day to day basis.*

*The course itself gives you actionable things to do when you see someone struggling with mental health challenges, and I have been able to use the tools provided in the training since with peers, friends and family.*

Gareth Beck

*Vikki truly is an amazing woman who consistently and put the needs of others above her own for the betterment of the bigger picture. This is not always easy to do, but Vikki does it all with a huge smile on her face and a level of kindness and empathy many can only aspire to.*

*I highly recommend Vikki not just as a facilitator of Mental Health First Aid workshops but also as a top-quality human being. Love your work, Vikki!*

Dan Oatridge

*Enhance your understanding of mental health issues and their impact on individuals and businesses. Acquire the knowledge and skills to support those facing mental or emotional challenges, and drive positive change in your organization.*