



**Mental
Health
First Aid**
Aotearoa

Support for Participants

We are so pleased you are attending one of our Mental Health First Aid courses.

It has been a challenging time in Aotearoa, and around the world, as we adapt to changing alert levels to slow the spread of COVID-19. For many, this has created anxiety, loneliness, and financial stress. Periods of prolonged stress and uncertainty can increase the risk of experiencing mental health challenges.

It is important to know that someone who is already feeling anxious or unhappy might find that the MHFA course upsets them. It is best to do a MHFA course when you are feeling well, but even someone who is feeling great might become upset by thinking about some of the topics covered. This might be because of a situation in their life right now, or something that has happened in the past, or for no clear reason at all.

Please do not worry:

- › Even when someone feels upset, they usually start to feel better in a few minutes.
- › Within a few hours, those feelings will probably have faded away completely.
- › People say they are glad they did the course anyway.
- › If you feel you need help, there are places you can go.

Help available in Aotearoa if needed:

If you believe either you, or someone you know is in IMMEDIATE danger, please call emergency services.

Emergency services › Phone: **111**

To be connected to your local Mental Health Crisis team.

Healthline › Phone: **0800 611 116**

Anyone can call or text New Zealand's free 24/7 helpline and talk to a trained counsellor.

Text 1737 › Text: **1737**

Just a Thought is an effective e-therapy tool available to any New Zealander. It provides free online courses for mental health challenges that people may be experiencing.

Just a Thought › www.justathought.co.nz

Please let your MHFA Instructor know if you do experience any difficulties during the course. You will be welcome to step out and they will be able to provide support to you, and if needed to link you in with the appropriate help. A helpful resource list is available in your MHFA Aotearoa manual.

