

Comprehensive Catalogue of Mental Health, Addiction, Well-being, and Suicide Prevention Workshops in New Zealand

Organisation	Courses	Overview	Audience	Online	In person	Free	Paid
Blueprint for Learning	Addiction 101	A workshop for people to gain an understanding of addiction and recovery, learn how to respond supportively and reduce stigma.	Community or purchase for an organisation	√	√	√	√
	MH 101	A mental health workshop to learn how to support someone experiencing mental health challenges and maintain your own wellbeing.		√	√	√	√
	Rural 101	A workshop for people in rural communities to learn how to support someone experiencing mental health challenges and maintain their wellbeing.		√	√	√	√
	Stress, Resilience & Wellbeing	An online workshop to help you deal with life's challenges, reduce high-stress levels, build resilience, and manage your mental health and wellbeing.		√	√	√	√
	Leading Wellbeing at Work	Develop strategies to strengthen leaders, teams, and workplaces.	Workplace	√	√		√
Life Keeper	Life Keeper	Aotearoa New Zealand's national suicide prevention training programme was created especially for New Zealand communities.	Free for community	√	√	√	
Te Pou	Mental Health First Aid Aotearoa New Zealand	Mental Health First Aid (MHFA) teaches participants how to provide initial support to people who may be experiencing mental health challenges or mental health crises until the crisis resolves or specialist help is accessed, using a practical, evidence-based action plan.	Accreditation training		√		√
Hato Hone St John	Mental Health First Aids	Mental Health First Aid course teaches skills and knowledge to recognise and respond to someone experiencing mental health concerns. Team up with SiteSafe to deliver Mental Health First Aid in Constructure	Community and workplace	√	√		√
MHFA	Mental Health First Aid Training In The Workplace	The MHFA course teaches participants about common mental health issues. Accreditation programme, online + face-to-face blended training for the workplace or online.	Community and workplace	√	√		√
New Zealand Red Cross	Mental health and wellbeing courses Mental health and psychosocial support courses for workplaces or individuals. Practical skills to help someone who may need mental health support, explore why mental health matters, and provide tools to support people in distress.		Community and workplace		√		√
	Psychological First Aid	Psychological First Aid is a simple yet powerful way of helping someone in distress so they feel calm and supported in coping with their challenges, whether it's personal, work related or affect the whole community.			√		√
	Starting with mental health	This course gives participants the knowledge and confidence to cope with colleagues, customers, and whānau experiencing mental distress.			√		√

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	Mental Health in the workplace	Our mental health in the workplace course helps participants understand how mental health, mental distress and mental illness affect colleagues and whānau.			√		√	
	Youth Psychological First Aid	Youth Psychological First Aid is aimed at young people 15 years and up or leaders working with young people. It's a simple yet powerful way of helping someone in distress, so they feel calm, supported and able to cope with their challenges - whether it's personal, work-related or affects the whole community.			√		√	
	Are you worried about someone?	In this webinar you will learn to use the LOOK, LISTEN and LINK framework, which will give you the tools to support those you may be concerned about.			√		√	
	Coping with stress	Learn to identify your stressors and how to manage them to help improve your wellbeing.			√		√	
	Stress, Wellbeing and Resilience webinars	These three 1-hour webinars give you advice and tools to manage stress, improve wellbeing and enhance resilience. You are given a workbook before each webinar with an activity to complete. This forms the basis of an activity for the next webinar.			√		√	
Mates in Construction	THE MATES PROGRAMME - The MATES programme uses training as a tool to raise awareness that there is a problem with suicide and its contributing risk factors within our industry – and that we can all be part of the solution. Support is then provided through clear pathways to help.		Construction workforce		√	√		
	GENERAL AWARENESS TRAINING (GAT)			GAT Training is delivered to at least 80% of workers on site, it is delivered en-masse and on-site at a time and place convenient to the contractors. This training helps to introduce workers to the nature of the problem and provides practical guidance as to how they can assist.		√	√	
	CONNECTOR			Connector Training is provided to those people on site who volunteer to become a Connector. A Connector is trained to help keep someone in crisis safe, while at the same time connecting them to professional help. Although the optimum number of connectors is 1 in 20 (5%), it is about ensuring there is adequate coverage across the site and across crews.		√	√	
	ASIST			ASIST Training equips individuals to develop safe plans for workers at critical risk. These workers can be compared to the first aid officer on site. ASIST workers will talk to a person contemplating suicide with the object of making this person “safe”. Using simple skills an ASIST worker will listen to the persons’ concerns and respond to them appropriately with the object of reaching a “safe plan” for the worker.		√	√	
GoodYarn	Good Yarn Programme	GoodYarn is an evidence-based, peer-delivered, mental health literacy programme for workplaces, both rural and urban, that enables people to talk about mental health.	Rural community and workplace	√	√	√	√	
Farm Strong	Calmer Farmer	Free online modules help rural New Zealanders cope with the ups and downs of farming.	Rural community	√		√		

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Te Ngākau Kahukur	Fix the whole world	It explores what rainbow suicide prevention looks like in Aotearoa and shares findings from Moira's recent Masters research.	Health professional	√	√	√	
Le Va	FLO: Pasifika for Life	The FLO Pasifika for Life programme equips Pasifika families and communities to prevent suicide.	Community	√	√	√	
eCALD	CALD cultural competency courses and programmes	eCALD offers a range of face-to-face and online courses for both caring for culturally and linguistically diverse (CALD) patients from Asian, Middle Eastern and African backgrounds, as well as for working in culturally diverse workplaces. All courses focus on enhancing learners' cultural awareness, sensitivity, knowledge and practical skills.	Health care professionals	√	√	√	
	Module 10 - Working in a Mental Health Context with CALD Children and Adolescents	The aim of this course is to provide strategies for managing cross-cultural interactions, screening, assessment, treatment and interventions when working with CALD children, adolescents and families in a mental health context.		√	√	√	
	Module 11 - Working with Addiction with CALD Clients	The aim of the course is to provide strategies for managing cross-cultural issues during the engagement, assessment, and treatment process in an addiction context when working with CALD clients and their families.		√	√	√	
CASA – clinical advisory Services Aotearoa	Bereaved by suicide service Providers	Training for qualified and registered professionals on a bereavement suicide framework, designed to support individuals dealing with grief.	Professional training		√	√	
Skylight and Yellow Brick Road	Wave Suicide Bereavement	A grief Education Programme for Adults bereaved by suicide	Bereaved by suicide		√	√	
Centre of Māori Suicide Prevention	Manaaki Ora - is a suite of wānanga developed as a way to address Māori suicide.		Cultural Training for Health Professional & Whānau.		√	√	
	TANGATA IHI	introduction course that provides a broad foundational understanding of a Māori world perspective.			√		
	MANAAKI TANGATA	one-day wānanga that presents a Māori model of practice, highlighting fundamental aspects important for Maori wellness and interactions.				√	
	TE IHI ORA	Te Ihi Ora is a one-day wānanga that provides an exploration of important concepts and practices from kaumātua korero, encouraging participants to evaluate concepts within their own professional practice. Te Ihi Ora is a proactive response to challenging the issue of suicide for Māori. Wānanga are delivered in a bi-lingual format; therefore (although not essential), previous knowledge in Te Reo Māori would be an advantage.				√	
	MIHI WHAKAORA	Mihi Whakaora is a one-day wānanga exploring four core aspects of tangihanga, drawing from kaumātua knowledge systems. This provides a Māori framework that is important when working through grief, especially for whānau Māori affected by Suicide.				√	

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	Tiaki Whānau, Tiaki Ora	Tiaki Whānau, Tiaki Ora is for whānau by whānau approach to suicide prevention.	Whānau and community			√	
Careerforce	Suicide Prevention in Aotearoa (Level 4)	This micro-credential is designed to recognise the skills and knowledge required to develop knowledge and understanding of suicide prevention in an Aotearoa New Zealand context.	Health care professional	√	√		√
A-OK.NZ	Wellbeing, Distress Management and Suicide Prevention Training	A-OK.NZ provides a range of leading wellbeing support solutions (including mental wellness and suicide prevention training). Offer licenses globally e.g.: Australia, UK, Asia, Sweden, US and NZ.	Workplace, health professional and community	√	√		√
Taylor Made Training	Training Workshops	TaylorMade Training and Consulting delivers an extensive suite of training workshops in the areas of suicide prevention, postvention and wellbeing. In-house training at your organisation is the preferred training delivery model as it ensures that the training is specific and relevant to your organisation while maximising learning outcomes.	Workplace		√		√
New Insight Consultancy + Training	Online courses	A suite of online courses on suicide prevention, topic including burnout, support a suicide person, anger management and others.	Workplace	√	√		√
Focus on the Family New Zealand	Alive to Thrive	Alive to Thrive is a flexible learning experience designed for individuals and groups. Learn how to help friends and loved ones with our free online suicide prevention training. It's clinically and biblically based.	Faith-based community	√	√	√	