



MH101

Mental health learning programme

Giving you the confidence to recognise, relate and respond to people experiencing mental illness or distress.

Blueprint for Learning's one day MH101 mental health learning programme will teach you what to do and when in order to support clients, family, friends and colleagues with mental illness or distress, as well as develop strategies for maintaining good mental health for yourself.

Frontline staff

Do you work on the frontline of New Zealand's government and social services, with people from all walks of life? Struggling to know how to support vulnerable populations who may experience mental illness or mental distress either personally or professionally? Wanting to help yourself?

When we learn, we all benefit

When we all learn how to respond appropriately, we help build responsive and resilient communities. MH101 will give you both knowledge and skills that can be used in your personal and professional life. You will learn how to recognize mental distress or illness and how to give or get support for this experience.

Quality learning

The one-day workshop is delivered by Blueprint for Learning. You'll work with expert facilitators, high quality course material and delivery and benefit from practice-based learning.

Maintaining wellbeing

MH101 has a strong mental health promotion focus. It encourages you to proactively maintain your own mental wellbeing and suggests ways of reducing stress in an environment of change.

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Date: **13 March 2019**

Time: **8.30 am – 4.30 pm**

Venue: **Kingsgate Hotel
10 Smith Street, Dunedin**

How to register:

Please email the following information of those who wish to attend to: info@dch.org.nz

- First & last name
- Role
- Organisation and
- Individual email addresses

Registrations are due by: 27 February, 2019