

## 4XXXXX Provide mental health first aid

<b>Kaupae   Level</b>	3
<b>Whiwhinga   Credit</b>	2
<b>Whāinga   Purpose</b>	<p>People credited with this skill standard are able to define the purpose of mental health first aid, identify common mental health challenges, describe strategies to support a person experiencing mental distress, and support a person experiencing mental distress.</p> <p>This skill standard can be used for assessment within programmes across a variety of sectors.</p>

### Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako   Learning outcomes	Paearu aromatawai   Assessment criteria
1. Define the purpose of mental health first aid.	a. Explain the purpose of mental health first aid.
	b. Describe the mental health first aider role.
2. Describe common mental health challenges.	a. Describe common mental health challenges.
	b. Describe the signs and symptoms of common mental health challenges.
3. Describe strategies of initial support for a person experiencing mental distress.	a. Describe approaches to support a person experiencing mental distress.
	b. Describe effective communication strategies to engage with a person experiencing mental distress.
	c. Describe strategies to respect culture and diversity when engaging with a person experiencing mental distress.
4. Provide initial support for a person experiencing mental distress.	a. Identify the signs and symptoms of a person experiencing mental distress.
	b. Assess the immediate safety of self and a person experiencing mental distress.
	c. Communicate to provide initial support for a person experiencing mental distress.
	d. Refer a person experiencing mental distress to an appropriate support network.

**Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria**

Assessment against Learning Outcome 4 must take place in a simulated environment.

Provide initial support for a person experiencing mental distress, must be assessed across a minimum of two scenarios. The culture or diversity of the person requiring support must vary across the scenarios.

Evidence generated for assessment against this standard must reflect the values, processes, and protocols required to work with Māori, Pacific people, and people from diverse cultures and identities.

**Ngā momo whiwhinga | Grades available**

Achieved.

**Ihirangi waitohu | Indicative content**

- Definitions of mental wellness and mental illness.
- Holistic health models e.g. Te Whare Tapa Wha and Fonofale.
- Signs and symptoms of common mental health challenges: anxiety, depression, non-suicidal self injury (NSSI), addiction.
- Warning signs of someone experiencing suicidal thoughts or behaviours.
- Cultural differences in expressing mental health distress and help-seeking behaviours.
- Personal bias, and its ability to impact on support provided.
- Mental health challenges faced by people identifying as LGBTTTQI+.
- Importance of providing immediate support.
- Ethical considerations and boundaries: limits in providing support, referring to support professionals and or networks, and confidentiality.
- Risk awareness: personal safety and risk of harm to self or others.
- Approaches to mental health support: framework, strategies and communication style.
- Strategies for providing mental health first aid.
- Inclusive, culturally appropriate communication skills.
- Confident conversations.
- Referral to appropriate support networks.
- Post-incident self-care for the first aider.

**Rauemi | Resources**

- HealthEd. Helplines and local mental health services. <https://healthed.govt.nz/products/helplines-and-mental-health-services>
- Mental Health Foundation. Community support groups. <https://mentalhealth.org.nz/groups>
- Mental Health Foundation. Helplines and support. <https://mentalhealth.org.nz/helplines>
- Mental Health Foundation. Mental health conditions. <https://mentalhealth.org.nz/conditions>
- Mental Health Foundation. Supporting others. <https://mentalhealth.org.nz/help/supporting-others>

**Pārongo Whakaū Kounga | Quality assurance information**

**Ngā rōpū whakatau-paerewa | Standard Setting Body**

Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council

<b>Whakaritenga Rārangi Paetae Aromatawai  </b> DASS classification	Community and Social Services> Health, Disability, and Aged Support > Core Health
<b>Ko te tohutoro ki ngā Whakaritenga i te</b> <b>Whakamanatanga me te Whakaōritenga  </b> CMR	0024

<b>Hātepe   Process</b>	<b>Putanga  </b> Version	<b>Rā whakaputa  </b> Review Date	<b>Rā whakamutunga</b> <b>mō te aromatawai  </b> Last date for assessment
<b>Rēhitatanga   Registration</b>	1		N/A
<b>Arotakenga   Review</b>			
<b>Kōrero whakakapinga  </b> Replacement information	N/A		
<b>Rā arotake  </b> Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) to suggest changes to the content of this skill standard.