

MH101®

Giving people the confidence to recognise, relate and respond to people experiencing mental health challenges

About the workshop

Blueprint for Learning training reflects a philosophy of recovery and empowerment using best practice to help people become full and active members of their communities.

Our workshops use adult education principles, with a variety of activities, videos and teaching tools to cater for different learning styles of participants. In addition, our expert facilitators bring a wealth of professional and personal experience to the topics covered.

Participants will receive a workbook with MH101® notes, additional reading, a directory for support and assistance, and access to a post-workshop e-learning module to assist them to apply what they have learnt.

The Ministry of Health funds a number of workshops throughout the country each year. Participant numbers are limited to five per organisation per workshop. Contact us to check your eligibility.

The workshop is also available for purchase.

“The facilitators were walking and talking their workshop - I was more open to the workshop because the facilitators had first-hand experience in the field, and it added a realistic component to their kōrero”

Learning outcomes

After attending MH101® participants will be able to:

- recognise signs of positive mental health and of mental health challenges
- use Te Whare Tapa Whā to support mental wellbeing
- relate to what people with mental health challenges are experiencing
- respond supportively to mental distress.

Topics covered in MH101® include stress and wellbeing, mental health challenges, suicide, trauma, supportive language and perspective, building a connection, sharing your concerns, when to get help and local support.





Across the year, across the country

MH101® can be delivered anywhere in New Zealand, at your place or ours.

We can accommodate up to 25 participants in a face-to-face workshop (9am-4.30pm) or webinar series (over three sessions). Individuals can register to attend a community workshop in your region or for a webinar series through our website.

Blueprint for Learning can run MH101® for a specific industry or workplace as either a face-to-face workshop or webinar series. We will work with you to understand your industry and the people who will be attending.

Evaluation and reports

Organisations that purchase MH101® will receive an impact report. This contains the outcomes of the workshop captured through participant evaluations. It is a great tool to show how useful the training was.

This data can also be used to better understand the needs of your workforce and to support wellbeing initiatives within your organisation.

“ I came away feeling encouraged and empowered. There is hope and I don't have to be an expert to make a difference ”

It's an investment

MH101® is designed to equip you to recognise, relate and respond to people experiencing distress or those in need of mental health support - both at work and in everyday life. It also provides valuable skills on how to look after your own mental health and wellbeing.

Delivered face to face or by webinar, MH101® workshops are an investment in the lives and futures of individuals and organisations, as well as our communities.

Highest quality learning

Blueprint for Learning is one of New Zealand's largest training providers in mental health and addiction, dedicated to both workforce development and community training projects.

Our team has delivered more than 1300 workshops to over 30,000 participants since 2008.

Blueprint for Learning is an NZQA accredited Private Training Establishment. We have the highest quality Category 1 External Education and Review rating in education achievement and self-assessment issued by NZQA.



Ready to book?

Request a dedicated workshop for your organisation or register for a public workshop by contacting us:

Email: info@blueprint.co.nz

Phone: 04 473 9009

Website: www.blueprint.co.nz

