

Mental Health
First Response

Certification

In Person 1.0 Day	Focused, small group training offering key understandings, skills, and practices enabling people to provide first response and co-care support for their communities or workplaces. This succinct and robust training enables you to notice the difference between crisis and non-crisis, responding appropriately, efficiently and effectively.
Online 2 x 0.5 Days	
For:	Anyone wanting to support others and be part of workplace support system.
Cohort 8-12	“I can honestly say that I left with a fresh perspective and fresh confidence, along with very real world tools that can be used immediately to support my colleagues & clients. The honest and jargon free approach was most refreshing and the course was not overloaded with too much content. The range of activities suited many different forms of learning. Thanks Coliberate.” Dan, RSA
	“You gain everything and lose nothing.” Nursing student, Whitirea

Recertification

MHFR

In Person 0.5 Day	A tightly focused package of advanced practice scenarios, activities and tools designed to refresh a extend on our MHFR Certification. Suited to all first responders, whether highly confident, motivated, and ready to level up, or seeking a boost to support you to continue having the conversations that count. Available from one year after your initial training date.
Online 0.5 Day	
For:	People who trained in MHFR needing to recertify and extend their support practice.
Cohort 8-12	“Being able to re-certify and refresh my knowledge is vital to the role I play at Waka Kotahi. It is important for confidence that I know what to do in a situation where someone needs my help.” Shelley Easton, Waka Kotahi

Support Base

MHFR

In Person 2.0 Hour	Our core basics of conversational support, offering our Support Plaforms perception and awareness module, along with our CONVOS support conversation framework. These two key components are the beginnings of everyday, non-crisis mental health support - supplementing your estalished MHFR support system.
Online 2.0 Hour	
For:	Workplaces with MHFR capablity. For non MHFR trained people in your workplace to understand the role of MHFR and how they can contribute to a robust support system focused on widespread awareness and understanding.
Cohort 12-25	“I found the 2 hour MS Support workshop very worthwhile. As well as gaining understanding of how to effectively listen and help others I gained some insight into myself at the same time.” Anne, Chapman Tripp

Supportive Conversation

MHFR

In Person 2.0 Hours	Skills focused training centred on eadry intervention conversations. With an overview of our Support Platform and our CONVOS module, people leave being able to readily check in with others safely within a support system of others trained in MHFR, and refer if needed. Includes extended training in CONVOS across a range of scenarios.
Cohort 12-25	
For:	Workplaces with MHFR capablity. For non MHFR trained people in your workplace to understand the role of MHFR, and how they can contribute to a robust support system thorough conversations with others.

Support Workshop

In Person 1.0 Hour	Short, sharp, effective. This robust session teaches the communication tools of active listening and validation - two fundamental skills in offering mental health support. Develop key tools and practices for communicating effectively when supporting people experiencing mental health challenges, and develop the confidence your communication is benefiting the person’s wellbeing.
Cohort 12-25	
For:	Conference, events.

Training

MHFR

Online 4 x 1.5 Hours	Focused on leaders who want to support their staff to thrive as unique individuals whle also thriving within the responsibilities of their roles. A curated programme with empathy and efficacy at its core, dense in opportunities to practice for the real world. If you’re wanting to demystify mental health, and navigate the unique challenges of the modern work-place, becoming equipped with an array of high effective tools, strategies, conversational and analytical frameworks, this training is for you.
Cohort 8-12	
For:	Executive leadership teams, people leaders, managers
	“Dealing with mental health and resilience seems scary, but actually when you have the right tools, it is easy to make a positive change. This training will give those tools. It is an interactive course that gets you thinking differently and will set you up to assist your people when they need it most..” Mike Hellyer, ELT, Vector

MHFR = Requires MHFR capapbiity within organisation as prerequisite