



**Mental
Health
First Aid**
Aotearoa

Mental Health First Aid Aotearoa New Zealand Instructor Training

Expression of Interest

The Mental Health First Aid (MHFA) Instructor training courses are conducted by Te Pou, the host of MHFA Aotearoa New Zealand.

By completing this Expression of Interest form, you are applying to become an accredited MHFA instructor for the 4th edition of the Standard Mental Health First Aid Aotearoa New Zealand programme.

Please answer the following questions to ensure you meet the selection criteria. When writing your responses please include specific examples of what you have done.

The cost to attend the five-day MHFA instructor training course is **NZ \$3150 plus GST** per person. This fee covers tuition, workshop expenses and resources, accreditation certificate, and an annual registration fee with Te Pou. Upon completion of the course, accredited instructors will receive a MHFA 4th edition instructors kit containing teaching materials such as the MHFA 4th edition manual, USB with PowerPoint slides and teaching notes.

Please complete this form in full and send, along with your CV, to Jo Lai MHFA programme coordinator at jo.lai@tepou.co.nz.

First name:

Last name:

Role:

Organisation:

What service does your organisation provide?

Postal address:

Email:

Contact number:

Gender:

Age group:

Ethnicity:

Section 1

The MHFA course is designed for interested members of the public and worksites. We are interested in your experience and skills that would enable you to teach this course.

1a. What personal and/or professional experiences do you have with mental health challenges? What relevant qualifications do you hold? Your answer should demonstrate that your knowledge of mental health challenges and relevant treatments, and of mental health and community services.

1b. What experiences and/or qualifications do you have that would enable you to conduct training sessions effectively? Your answer should demonstrate what teaching, facilitation, communication and interpersonal skills you have.

1c. What experience do you have in effectively networking with a particular community and/or general communities?

1d. Do you have any other experience or skills that may be relevant?

Section 2

2a. Are you affiliated to an organisation that will provide ongoing support to you as an MHFA instructor? Yes No

2b. Are there any groups of people to whom you are particularly suited to deliver MHFA courses? If so, how would you organise and conduct MHFA courses to these groups?

Section 3

3a. In your opinion, what are the key skills needed to be an effective MHFA instructor?

3b: What are your three main reasons for wanting to become an MHFA instructor?

- 1.
- 2.
- 3.