



Understanding Youth Mental Health Workshops

Queenstown and Invercargill

Understanding Mental Illness Workshop

Anxiety and/or depression affects around 1 in 6 young New Zealanders. This workshop will give you a solid understanding of mental illness in young people based on the latest scientific evidence, presented in a way that is easy to understand. This evidence based, best practice workshop will empower you to help a young person with a mental illness.

Understanding and Responding to Self-harm and Suicide Workshop

Self-harm and suicide are major issues amongst young people. Both issues need to be taken extremely seriously. There are a lot of myths about both topics that prevent many people from getting the help they need. This evidence based, best practice workshop will empower you to help a young person who is self-harming or suicidal.

HEADSSS Workshop

The brains of young people are mysterious- how do you know what is going on? Have you had that feeling I want to help these young people but they are so exasperating!

If you would like to understand young people and be able to communicate with them better whether you are a teacher, police officer, counsellor, parent, administration worker, social worker or youth worker you need to come to this interactive workshop.

De escalation Workshop

One of the most difficult parts of working with young people is when they become angry or upset. Many professionals often encounter this behaviour but they don't know what to do about it. If you want to know what causes young people to "lose their temper" become angry or violent, What the stages are that lead up to an angry outburst, and how to deescalate the situation as quickly as possible, you need to attend this workshop.

WORKSHOP DETAILS

Queenstown

Monday 4th September

Understanding Mental Illness	9.30am—12.30pm	Order of St John, 10 Douglas Street, Frankton	\$80 + gst per person
Understanding and Responding to Self Harm and Suicide	1.30pm—4.30pm	Order of St John, 10 Douglas Street, Frankton	\$80 + gst per person

Invercargill

Wednesday 6th September

Understanding Mental Illness	9.30am—12.30pm	PIACT, 135 Bowmont St, Invercargill	\$80 + gst per person
Understanding and Responding to Self Harm and Suicide	1.30pm—4.30pm	PIACT, 135 Bowmont St, Invercargill	\$80 + gst per person

Invercargill

Friday 8th September

HEADSSS	9.30am—12.30pm	PIACT, 135 Bowmont St, Invercargill	\$80 + gst per person
De-escalation	1.30pm—4.30pm	PIACT, 135 Bowmont St, Invercargill	\$80 + gst per person

Please note: If you register for two or more workshops, the cost to attend each workshop will be \$75 + gst per person

[Click here to Register](#)