



# Understanding Youth Mental Health Workshops

## Nelson

### Cyber Bullying

Are you worried about a young person who is a target of Cyber bullying, do you know someone who spends a lot of time on social media, or do you just want to know how to keep young people safe online? This interactive workshop will help you understand how teenagers interact online and how professionals and parents can support and help them.

### 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.

### 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

### Tuesday 24th October

Cyber Bullying	9.30am—3.30pm	Salvation Army, 57 Rutherford St, Nelson	\$80 + gst per person
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### Wednesday 25th October

Understanding Mental Illness	9.30am—12.30pm	Salvation Army, 57 Rutherford St, Nelson	\$80 + gst per person
Understanding and Responding to Self Harm and Suicide	1.30pm—4.30pm	Salvation Army, 57 Rutherford St, Nelson	\$80 + gst per person

**Please note:** If you register for both of the Wednesday workshops, the cost to attend both will be \$150 + gst per person

### Thursday 26th October

De escalation	9.30am—3.30pm	Salvation Army, 57 Rutherford St, Nelson	\$160 + gst per person
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**Please note:** If you register for all Workshops on Wednesday and Thursday, the cost to attend all three will be \$290 + gst per person

**[Click here to Register](#)**

For more information please contact [info@collaborative.org.nz](mailto:info@collaborative.org.nz) or visit [www.collaborative.org.nz](http://www.collaborative.org.nz)