

# Credentialing News



**Te Ao Māramatanga**  
New Zealand College of Mental Health Nurses Inc

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## Ngā mihi o te tau hou, Happy New Year!

Welcome to this edition of Credentialing News! Please feel free to distribute, as there are many useful resources, and it might encourage your colleagues to consider credentialing in the future too. Also, feel free to let us know about resources you come across in your mahi, that we can share with others.

## New Research

‘Young People only ask for help once’ an article by the University of Otago interviews Dr Hiran Thabrew about research that uses information from the Royal Australian and New Zealand College of Psychiatrists of New Zealand.

“Eighty-eight percent said young people were “often” or “very often” unable to access the right mental healthcare at the right time.”

“Young people are notoriously reluctant to reach out for help; so, when they do, it's usually when things are really bad. If they are not seen and responded to, they may not ask for help again.”

Keeping this in mind during our professional practice and personal relationships is important and I encourage you to read the full article-

<https://www.otago.ac.nz/news/news/otago0231086.html>

## Professional Development

### Health and Disability

Continue your professional development and improve your understanding of the Code of Health and Disability Consumers’ Rights by completing this eLearning by the Health and Disability commission. Split into three manageable 30 minute modules this eLearning can be done anywhere anytime.

[The Health and Disability Commissioner \(hdc.org.nz\)](http://hdc.org.nz)  
Huarahi Whakatū PDRP – Opportunity for Māori Nurses

This free course allows you to gain 200 learner hours and is strongly rooted in the values of ‘dual competency’ where clinical and cultural competencies are valued both independently and in how they can interact with and enrich each other.

[Huarahi Whakatu PDRP - Te Rau Matatau](#)

## Resources

### Rebuilding Wellbeing Resources

Le Va provides resources in Samoan, Cook Islands, Tongan, Fijian and English on how to support people in distress, how to navigate anxiety and depression and what strategies can support wellbeing. Consider adding these to your professional kete to better support our Pasifika communities.

[Rebuilding Wellbeing Resources - Le Va](#)