

# Credentialing News



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

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## Kotahi karihi nāna ko te wao tapu nui Tāne.

The Creation of the Forests of Tāne comes from one kernel.

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.

## Book Review- New Research

I've been reading this book, [The Better Brain](#), after hearing one of the authors being interviewed about it on [Radio New Zealand](#). As a mental health nurse, my knowledge of nutrition, related to mental health and wellbeing, is basic, so this book presented a lot of information that was new to me. I found the evidence based research and discussion in this book, very compelling. I learnt that micronutrients have been found to have a strongly positive influence on mental wellbeing, in people experiencing depression, anxiety and ADHD. The authors advocate for the use of micronutrients as a preventative and early intervention, before pharmaceuticals are considered, in circumstances where it's safe to wait. The book is widely available but there is also a wealth of information publicly shared by the authors, on the above links, including a free elearning package.

Lois Boyd, Director of Credentialing.

## Professional Development

The Webinars below will help you gain some professional hours and some invaluable knowledge to support you in you work and life. Make the most of this free opportunity.

[-Helping patients befriend their nervous system | Goodfellow Unit](#)

[-Depression/distress: how to manage | Goodfellow Unit](#)

## Resources

Supporting Aotearoa's Rainbow People has a free to download guide for Mental Health Professionals like yourself. This beautifully illustrated guide covers important terminology, how to make a services rainbow friendly and other valuable knowledge. Available in Te Reo Māori, Chinese and English.

<https://www.rainbowmentalhealth.com/download-resources>

With all the uncertainty of our current national emergency Cyclone Gabrielle, it is vital to learn about how to support people experiencing natural disasters. The link below can be shared to those who you think could benefit or to inform how to look after yourself and others through these situations. Take care, Noho ora mai

<https://getready.govt.nz/en/emergency/mental-wellbeing/>