

Credentialing News



Te Ao Māramatanga
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Poipoia te kākano kia puāwai.

Nuture the seed and it will bloom

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.

Resources

Work Safe has some helpful resources around the importance of mental health and wellbeing at work.

For workers there is a list of places to get help from mental health professional and guides on looking after your mental health if working from home.

For businesses and organisations there is advice on helping support mentally healthy work.

<https://www.worksafe.govt.nz/topic-and-industry/work-related-health/mental-health/>

Professional Development

Weaving together knowledge for Wellbeing. Trauma informed approaches.

Consider downloading this resource from Te Pou and reflect on how you can contribute to your workplace being a trauma informed environment. [Weaving together knowledge for wellbeing | Trauma informed... | Te Pou](#)

New Research

“I feel really good when” Is a research project centred in Murihiku Southland that focuses on listening to young people’s perspectives on mental wellbeing and how they believe they can be best supported. The purpose of the project and its research is to influence improvements in in youth mental health and wellbeing in the region and beyond. Here are some of the young people’s thoughts on counsellors.

“Having more than one counsellor, one person is not going to fit everybody’s personality. And a younger person, they can relate to our problems.” – Secondary school student.

Prompt-“I feel really good when”

Reply “I am with my counsellor” – primary school student.

“I guess that’s the whole thing, it’s getting over that ‘maybe I do have a problem, maybe I should go talk to someone’... That check up thing is a great way of normalising that conversation... Yeah I think that’s all some people need, just a little chat.” — Secondary school student.

Over time, it can be easy to forget what its like to be a kid so considering and reflecting on the perspective of young people in our care is important.

“[I feel really good when](#)” <click to access