

# Credentialing News



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

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*He taonga rongonui te aroha ki te tangata.*

*Goodwill towards others is a precious treasure.*

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

[Mental Health Awareness](#) (Click title to access)

Mental Health Awareness week is this month from 18<sup>th</sup>- 24<sup>th</sup> of September. This is as great a time as ever to look at the Five Ways to Wellbeing. You can use this tool for yourself or within your practice or both! The five ways to wellbeing include “Take notice/me aro tonu, give/ tukua, be active/me kori tonu, connect/me whakawhanaunga, keep learning/me ako tonu”. Click the title hyperlink for more information about the five ways to wellbeing.

[Sharing stories to help others](#) (Click title to access)

Jason Halford a dairy farmer talks about his experience of burn out in an interview with ACC. He talks about opening up to friends, feeling broken and not feeling like he could persevere. He talks about how good people pulled him out and helped him through it. This article is a 2-minute read and is a great example of mental health awareness.

## Professional Development

[Mental Health Act Guidelines e-learning module launched](#)-(Click title to access)

There is a new series of modules from Te Pou to help mental health care professionals to apply the new guidelines within their practice. The link in the title has a video that will show you how to access the e-learning. The first module gives you an introduction to the changes for the entire work force, the second focuses on the changes for the mental health work force and the third for the specialist mental health work force.

## Excessive Gaming and Wellbeing

Have a free 30 minutes? On Tuesday the 19<sup>th</sup> of September Dr Grant Christie is doing a presentation about excessive gaming, its effects on wellbeing and what professionals can do about it in primary care. It starts at 1pm and goes till 1:30 but there will be time for a Q&A afterwards if you have any questions.

Meeting URL: <https://aucklanddhb.zoom.us/j/8406427795>

Meeting ID: 840 642 7795

[Equally Well](#)- (Click title to access)

Equally Well is a collaborative focused on improving the physical health of people with mental health and addiction concerns. Next month on the 4<sup>th</sup> of October from 11am to 12pm there will be a virtual lunchtime meetup run by Equally Well. This will be an opportunity to learn from each other, meet people and share different perspectives. There will also be a presentation from Pharmacy Guild and they will share their implementation plan and consumer trial for the SEE US Campaign. To virtually attend this event, you will need to register using the link in the title.