

Credentialing News



Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc

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Whakataukī

“Whiria te muka harakeke, whiria te muka tangata. Puritia ngā taonga a o tātou tūpuna hei taonga mā ngā uri whakatupu”
“Plait the flax fibres, plait the fibres of mankind. Hold on to the treasures of our ancestors as a taonga for future generations.”

Nā kaumatua Witi Ashby

Welcome to this edition of Credentialing News!

Please feel free to share this newsletter with colleagues and let us know about resources you come across in your mahi, that we can share.

Mental Wealth

Mental Wealth is a mental health resource that focuses on topics such as anxiety, depression, how to check in on a friend and coping strategies to mental distress. The resource aims to equip young people and their communities with knowledge and the skills to understand, address, maintain and nurture good mental wellbeing.

This resource can be found on the Mental Wealth website at www.mentalwealth.nz.

Te Mana o te Kupu – Māori Alcohol & Other Drug

How Words Influence Outcomes

Discrimination and stigmatising language deprive a person of their mana, and when mana is returned to them, they begin to heal (Koro Hata Temo, 2022). Te Mana o te Kupu, will raise awareness of the stigma and racism whānau and kaimahi experience within the AOD space, challenging ignorance and societal barriers created through a lack of awareness and understanding around people who experience challenges with AOD. You can Download this report here:

<https://terauora.com/te-mana-o-te-kupu-maori-alcohol-other-drug/>

Lunchtime learning: The impact of diet and nutrition on mental health

19th June 2024 12.00 PM

In mental health care, very little emphasis is placed on the impact that diet can have as part of the treatment and recovery.

Research has shown that diet can have a significant impact on our experience of mental illness and on the way we think, feel and behave. This training will give you an understanding of why approaching diet and nutrition as part of mental health care is part of a whole approach to recovery, and what we, as health professionals, can advise the people we work with, without going outside our scope of practice.

For more information and to register follow this link: <https://www.wharaurau.org.nz/all-resources/lunchtime-learning-the-impact-of-diet-and-nutrition-on-mental-health>

