

Credentialing News



Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc

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Whakataukī *Ahakoā he iti kete, he iti nā te aroha – It's the thought that counts*

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.

This month's newsletter focuses on the impact of disasters, the nuances of wellbeing and the strength of community.

Expoloring Community Resilience: Insights from a Post-Earthquake Study in Kaikōura, Aotearoa New Zealand

This study provides a valuable snapshot of the factors contributing to community resilience in the aftermath of the 2016 earthquake in Kaikōura.

This study is an excellent opportunity for reflection, not only on the resilience of the Kaikōura community but also on how we, as individuals and organizations, can better understand the experiences of those we support in times of crisis. What lessons can we draw from the Kaikōura example in terms of preparedness, response, and recovery?

https://www.massey.ac.nz/~trauma/issues/2024-1/AJD_TS_28_1_Rudkevitch.pdf

Coping with Anxiety During Disasters and Emergencies: A Guide to Supporting Mental Wellbeing

AnxietyNZ

Recognizing the mental health challenges posed by emergencies is crucial in providing comprehensive support to affected individuals. The resources available through Anxiety New Zealand could make a great addition to your resource kete. Natural disasters can significantly disrupt individuals' sense of safety, security, and well-being. Through Anxiety NZ's resources, individuals and communities can access guidance and resources that emphasize the importance of reaching out for support, whether through local services, helplines, or community networks.

<https://anxiety.org.nz/resources/coping-with-anxiety-during-disasters-and-emergencies>

Mens Mental Health

Goodfellow Unit
hauora tautoko

Early next year-Tuesday 4 February 2025, 7:30 PM - 08:45 PM there will be a webinar by the Goodfellow Unit on Men's Mental Health and well-being led by Dr. David Kuhl, who works with the Canadian Men's Health Foundation. This could be a good opportunity to widen your international mental health perspective and learn about new research.

<https://www.goodfellowunit.org/events-and-webinars/men-and-boys-mental-health-why-it-matters>