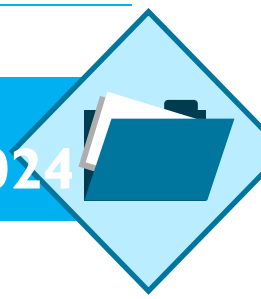
MH&A Primary Health Care Resources Pack



	MH&A Contacts: Urgent, CADS, Non Urgent
	Accessing Advice and Making Referrals
	UK Mental Health Triage Scale
	Specialist MH Referrals: Suggestions for the Busy GP
	Suicide Prevention: What Can Primary Care Do ((BPAC)
	Auckland Regional Health Pathways Top Used
	Where to find the Right Counsellor or Therapist For You
	Community Resources for Family/Whanau
	Yellow Brick Road
	Ember Employment Work Readiness Checklist- Work Supports (back to back)
	NGO Group Activities and Skills Groups including • Manage Better Feel Stronger SME Groups – Generic and for Chronic Pain • WRAP • Bipolar Support Groups • Example NGO Community Support Programmes e.g. _Toi Ora • Ember (Central) • Ember (North and West) • Owairaka Club (etc)
	Antipsychotic Medication, Administration and Screening for Primary Health Care Nurses
	Learn, Video Course for IMI Administration
	Using Ko Awatea Learn Northern Region MH&A Refresher Training Site
	MH&A Primary Health Care Nurse Credentialing Course Application
	Credentialing Course Flyer
	WINZ Options Including Dental &
	WINZ Regional Contacts
	Dental Information for Patients
	Dental Alternative Providers
	N/A Housing – 2022 Access NZ WINZ Accomodation (Awaiting Update from WINZ)
	N/A Housing – 2022 Social Housing Options (Awaiting Update from WINZ)
	Goodfellow Resources: • Single simple question for Low Mood • PHQ-2 • Ways of Breathing to improve mood/anxiety • Clozapine and Primary Care- What you need to know
	Assist Lite SUD and Alcohol Screen
	De-Escalation Communication

	Medical Monitoring Form Eating Disorders (Nurses) (Auckland)
	Eating Disorders Observation Checkllist (Nurses)
	Phone Support: • Tips for Crisis Phone Calls (Emotion Dysregulation) • Phone Call Agreement
	Therapies, IMI, Suicide, Black Dog Safety Plans (See Auckland Regional Health Pathway Safety Plan and MH Foundation Site for Resources)
	Self Harm_ Healthify Self Harm_Quick Reference Guide
	Kari Centre_Child and Youth Resource Book
	Marinoto Resource Book (Refer to Handouts on KAL/Refresher Training/ Resources and Search "Child" or "Youth" or "School" Toolkit
	1737 Wallet Cards (Printable)
	Just a Thought (with list of current courses) (Printable)
	CADS Fact Sheet LInks
	AOD Resources

Youth and Schools Toolkit Pack June 2024



1. Sleep Hygiene
2. Thought Challenging (STOPP)
3. TIPPSkills1 (Distress Tolerance)
4. TIPP-distress tolerance (1) (Wise Mind Accepts)
5. Guide to Safety Planning for Community Professionals (Specialist Mental Health and Addiction Services
6. Validation one pager (What is Validation and Why It is Important)
7. VAD for parents (Validate, Assure, Direct, Use and Easy Manner)
8. Social media tips (10 reminders)
9. Gaming Tips for Parents
10. Gaming Screen
11. Soothing with the senses
12. Co-regulation and flipping your lid (How to Co-regulate for whanau)
13. Question ideas for Parents to ask their children (increasing positive communication)
14. Appropriate Responses to Escalation (Managing the Cycle of Acting-Out Behavior in the Classroom)
15. Kari Child and Youth Resource Booklet
16. Marinoto Resource Book

17. Bullying (Please go to Ko Awatea Learn “Northern Region” Refresher Training “Resources” folder to search
18. Vaping (Please go to Ko Awatea Learn “Northern Region” Refresher Training “Addictions” Courses

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