



# NZ Apprenticeship in Mental Health & Addiction Support

**New Zealand Certificate in  
Health and Wellbeing (Level 4)  
(Social and Community Services)  
Mental Health and Addiction Support strand**

**128 credits**

**Expected duration 21 months**

**Ideal for:**

- Mental Health Support Workers
- Addiction Support Workers
- Psychiatric Assistants
- Drug Treatment Support Workers
- Programme Facilitators
- Caregivers
- Residential Support Workers

**[careerforce.org.nz](https://careerforce.org.nz)**



## Programme overview

**This apprenticeship programme leads to the awarding of the New Zealand Certificate in Health and Wellbeing (Level 4) (Social and Community Services) Mental Health and Addiction Support strand qualification. It is well-supported and resourced with a team of Apprenticeship Advisors providing pastoral care and support.**

The Mental Health and Addiction Support apprenticeship programme enables apprentices to develop and demonstrate the skills they need to work alongside people, and their family and whānau who are accessing social and community services, to support autonomy, foster hope and develop resilience.

The underpinning philosophy of this programme is to build a person-centred, critical thinking workforce.

## How the learning is delivered and assessed

This apprenticeship programme is delivered in the workplace, with the support of the employer and Careerforce.

Learning and assessments are done through Aka Toi, the Careerforce online learning platform. Access to interactive learning activities, theory content and assessments is available for this programme.

## Workplace and apprentice requirements

**Workplace:** The employer is responsible for coordinating the apprentice's on-job training activities and support in the workplace. They are encouraged to work alongside Careerforce to support staff to remain motivated and successful in their apprenticeship journey.

**Apprentice:** Apprentices are encouraged to be organised, engaged and committed to their apprenticeship. They also need to complete 10 credits within the first three months and at least one module every six months.

## Grants and funding available

Several grants and funding options are available to help meet the costs of attaining Careerforce qualifications. You can view these options at [careerforce.org.nz/fees-funding](https://careerforce.org.nz/fees-funding)

## Learning outcomes:

- Engaging and communicating with people, family and whānau who are accessing mental health and addiction services in a manner which respects their socio-cultural identity, experiences, and self-knowledge.
- Developing relationships and supporting a goal of improving outcomes for people with mental health and addiction issues.
- Demonstrating knowledge of Te Tiriti o Waitangi when providing support in their role.
- Understanding New Zealand's health and wellbeing aims and purpose and the impact on their role.
- Demonstrating a knowledge of kawa and tikanga and the ability to relate the unique place Māori have as tangata whenua of Aotearoa in their role.
- Applying psychological first aid while supporting people in their role.
- Displaying self-awareness, reflective practice, self-care, and personal leadership in the workplace.
- Actively contributing to a culture of professionalism, safety, and quality in the workplace.
- Gaining in-depth knowledge of mental health, addiction and co-existing conditions, their impacts, and applying the new knowledge to the people they support.
- Applying advocacy plans for the people they support.

## How to get started

Workplaces can enrol learners at any time, but first:

- The employer and learner must agree to the suitability of the programme to complete.
- Contact the Careerforce Workplace Advisor for your region at [careerforce.org.nz/cwa](https://careerforce.org.nz/cwa)

**Scan the QR code to find out more:**  
See the fees, entry criteria and other information about this programme on our website.



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Careerforce is a business division of Te Pūkenga. We support workplace-based training, enabling employees to achieve nationally recognised qualifications, and deliver superior outcomes across the health and wellbeing sectors.



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