

MENTAL
WELLBEING
iCOPE
6-10hrs

A-OK.NZ

iCOPE

HELP-SEEKING

ABOUT

Mental Wellbeing is a big part of our daily live. Being able to recognise our own signs and to have a toolkit of coping strategies is important. Wherever they are on the mental wellness scale, being aware and alert to our own signals and our reactive ways we cope is the beginning to building healthy coping options.

Self harm has become a coping outlet for young people. Schools and communities need to know how to safely respond and support people towards finding safe coping mechanisms

This workshop is two-fold.

1. Working with students at risk.

iCOPE can be run for small groups of upto 6 students who need to work through some of their underlying issues and work towards finding safety coping mechanisms. This can involve students who are self harming, self - sabotaging, harming others and engagement in other risky behaviours.

Depending on the coping outlet, the programme will be designed to address that.

2. Working with their supporters / caregivers / parents / school leaders

We have intervention programmes that enable supporters and whanau to be able to support their tamariki or family member that is currently at risk of unhealthy and unsafe coping mechanisms.

It is important to note that we will run the iCOPE workshop if carers, supporters and helpers are also open to receiving some training to ensure they are able to keep them accountable to the recovery journey ahead.

COST: \$1600 - \$2250

LENGTH: 6 - 10 HOURS OVER ____ WEEKS