

New Zealand Certificate in Health & Wellbeing (Level 4)

with strand in Mental Health and Addiction Support

Intakes
22/02/2027 (New Plymouth)

Duration
1 year full-time or part-time equivalent

Domestic Fees
$7,864.00

International Fees
$23,942.00*

witt.ac.nz

WITT
WESTERN INSTITUTE OF TECHNOLOGY AT TARANAKI
TE KURA MATATINI O TARANAKI

New Zealand Certificate in Health & Wellbeing (Level 4)

with strand in Mental Health and Addiction Support

Learn to work alongside people, family and/or whānau in a mental health addiction setting and support autonomy by using tools and strategies to foster hope, support recovery and build resilience.

This course is delivered two days per week on campus. Work placement is completed in the second trimester.

You will learn how to:

- engage and communicate with people, family and/or whānau accessing social and community services in a manner which respects their socio-cultural identity, experiences and self-knowledge.
- relate the history of Māori as tangata whenua and knowledge of person-whānau interconnectedness to own role in a health and wellbeing setting.
- display self-awareness, reflective practice and personal leadership in a health and wellbeing setting.
- actively contribute to a culture of professionalism, safety and quality in a health and wellbeing organisation.
- relate the purpose and impact of own role to the aims of the wider health and wellbeing sector.
- work alongside people, family and/or whānau in a mental health addiction setting to support autonomy by using tools and strategies to foster hope, support recovery and build resilience.

Courses

CHW4.100

Who Am I

People credited with this course are, in a health and wellbeing setting, able to:

- Display self-awareness
- Undertake reflective practice

Demonstrate the development of personal leadership qualities

CHW4.101

Where Am I in the Health Sector?

People credited with this course are able to:

- Relate the purpose and impact of own role/role of the support worker to the aims of the wider health and wellbeing sector

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CHW4.102

Professional Development

People credited with this course are able to:

- Actively contribute to a culture of professionalism and quality in a health and wellbeing organisation.

CHW4.103

New Zealand Society and Taranaki

People credited with this course are able to:

- Engage and communicate with people, family and/or whanau accessing social and community services in a manner which respects their socio-cultural identity, experiences and self-knowledge.

CHW4.104

Tikanga Māori

People credited with this course are able to:

- Relate to the history of Māori as tangata whenua and knowledge of person-whānau interconnectedness to own role in a health and wellbeing setting.

CHW4.105

Hauora Hinengaro, Nga Rarururaru Hauora Hinengaro, Nga Waranga

People credited with this course are able to:

- Describe factors contributing to mental wellness and to mental illness.
- Explain different types of mental illnesses and/or

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Last updated: 30 July 2026

addictions.
- Approaches to and models of work practice.
- Recognise the impacts on people and their families and whanau of managing a mental illness and/or addiction.

Implement work practice which supports people's recovery, self-determination and self-management.

CHW4.106

Values Informed Practice

People credited with this course are able to:

- Explain and apply values informed practice when working with people.

CHW4.107

Essential Skills and Knowledge

People credited with this course are able to:

- Explain and apply safe and inclusive work practice which supports people's autonomy while fostering their hope and resilience.

Programme Specific Information

Computer Access

Students must have access to a computer with an internet connection, internet browser (MS Internet Explorer 7.0 or above, Adobe Acrobat Reader 8, or Firefox 3.6) and email. Students must also be able to use Microsoft Word (2003 or above) and be familiar with accessing websites

Police clearance

The relationship between mental health support worker and client is one involving a significant level of trust with the support worker. All employers in this industry therefore require support workers to provide a police clearance. Consequently, applicants are required to provide a Record of Personal Information from the Ministry of Justice.

If an applicant has any objections to supplying a police clearance, they will need to discuss this with the Head of Faculty. Students must also advise the Director of Nursing, Health and Wellness of any conviction(s) that they incur within the duration of the programme, in order to assess the possible impact such conviction(s) may have on a student's eligibility to continue the programme.

Entry Requirements

- Open entry

You will also be required to undergo an interview, provide written references and complete a police check.

Any applicants whose first language is not English may be required to provide evidence of an overall IELTS (Academic) band score of 5.5 (with no score below 5 in speaking, reading, writing and listening) or equivalent.

Required forms

Note that the following forms will be required when applying to study Health and Wellbeing at WITT. **Please make sure to complete an application before submitting these forms.**

Additional Information Required

Health and Immunisation Declaration

Referee Reports (You must provide two referees. Examples include: teacher, doctor, employer, club leader, etc)

Police Vetting Form (External link. Note that this form will have to be emailed, or printed out and handed into reception staff)

Work Placement

There is a work placement component incorporated in this programme. Students must either undertake work placement in their place of employment or appropriate work placements will be arranged by WITT.

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International Scholarships

Please see here for information regarding international scholarships.

Career Options

Graduates of this programme may be employed in roles supporting people, fostering hope, and supporting recovery, including mental health and addiction support work.

Further Study Options

New Zealand Certificate in Public Health and Health Promotion (Level 5), New Zealand Diploma in Addiction Studies (Applied) (Level 6) or bachelor's degrees in related health and wellbeing subject areas.

This programme has helped me understand my own life and why people are the way they are. I've learnt to build positive strategies when working with people who struggle with mental health and addiction. As well as fostering an understanding of why these people are in this situation, unpacking trauma, stigma and human anatomy to understand how to advocate and build resilience in people who cannot do that for themselves.

Paya Fitzsimons

Mental Health and Addiction Support

*International Fee Exclusions

International fees displayed are for 1 year of study (equivalent to 120 credits); OR as specified for the duration of the programme of study, and do not include the below;

- Travel and Medical Insurance – NZ $800 per year (provided by UniCare NZ)
- Compulsory Student Services Fee (CSSF) – NZ $320 per 120 credits

International fees may increase in each new academic year. Any increase in the fees is required to be paid in full before a student is enrolled and allowed to attend class.

Post Study Work Visa Eligibility

International graduates may be eligible for an open Post Study Work Visa.

https://www.witt.ac.nz/international-students/post-study-work-visa-eligibility

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