



KALANDRA

LEVEL 5 - MENTAL HEALTH

2026

Programme Brochure



Kalandra.ac.nz



Training@kalandra.ac.nz



0800 KALANDRA

NEW ZEALAND DIPLOMA IN HEALTH AND WELLBEING (PRACTICE/ APPLIED PRACTICE) (LEVEL 5)

Diploma in Mental Health Support (Level 5)

Programme Overview:

NZQF: Level 5

Total credits: 120

Delivery length: 52 weeks (including 4 holiday weeks as set prior to the programme commencing)

Total learning hours: 1200

Directed learning: 20 hours per week. ONLINE

Work placement: In own place of work. Minimum 8 hours per week.

Entry Criteria:

- Aged 18 years of age and over
- NCEA Level 2 OR any approved qualification at Level 4 or above on the NZQF OR an applicant over 20 years of age
- Experience and employment as a healthcare assistant Level 4 or equivalent AND a signed copy of own employment contract AND ability to complete over 250 hours of work-integrated experience
- Clean criminal check AND physically able to do the job AND willingness to work with the older person

Work Visa Holders

- Academic IELTS 5.5 (no band less than 5) or equivalent

Additional

- Interview with academic staff
- Employment endorsement
- Access to internet and a device



Programme Content

Module 1: Factors Influencing Mental Health Support

Module 2: Collaboration in Mental Health Support

Module 3: Mental Health Support Care Planning

Module 4: Apply and Analyse Health and Wellbeing Models

Module 5: Reflective Practice and Professional Development

Module 6: Professional Competency

Employment Pathways:

Dementia Care - Graduates can be employed in roles such as:

- Team Leader or supervisor in aged residential care.
- Team leader or supervisor in home/community care.
- Team leader in Department of Corrections health facilities.
- Team leader in mental health organisations.

Education Pathways:

Graduates may progress into the New Zealand Diploma in Addiction Studies (Applied) (Level 6)

This programme may lead to higher-level programmes including bachelor's degrees in related subjects, including nursing, physiotherapy, occupational health and allied health professions. Graduates may also be able to apply for cross-credit or advanced standing into Healthcare related bachelor programmes.

Cost:

New Zealand Citizens OR Permanent Residents
\$2950

Work Visa Holders
\$6550

Can be paid by installments



INTRODUCTION

Vision: To inspire excellence and foster growth in education and training that empowers caring and person-centred care

Mission: At Kalandra we nurture caring hearts and skilled hands through innovative, culturally attuned training – making a real difference in the lives of those who need it most

Purpose:

In a world dominated by an ageing society, the demand for the provision of care that older people expect and deserve is rapidly outstripping current support staff numbers and ability. Kalandra's purpose is to meet that demand and, by extending Health Care Assistant knowledge and skills, to optimise the standard of care received by aged people in New Zealand and internationally. Kalandra is built on a value system that holds caring, respect and knowledge at its core

Why Kalandra?

Transparent - no hidden fees! No admin fees if visas are not granted.

Clear policies regarding refunds, assessments and expectations.

History - long history in the provision of healthcare training as well as in the healthcare industry.



“Billie” the spirit behind Kalandra with founder and CE Dr Christine Clark

TESTIMONIALS

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TESTIMONIAL

"Thanks to Ritchie and the Kalandra team for giving me the opportunity to complete my Diploma in Dementia Care Level 5. It has enhanced my personal growth and development and my Faculty Manager has acknowledged my achievements and is proud of what I have accomplished with my studies and knowledge about Dementia Care."

S. C.
(DIPLOMA IN DEMENTIA, L5)

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TESTIMONIAL

"I would like to take this opportunity to thank the staff, teachers, mentors and management team at Kalandra Education Group. It was the most memorable experience of my life which i will always cherish"

D. K.
(DIPLOMA IN DEMENTIA L5)

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TESTIMONIAL

"Kalandra is so much more accepting of life's obstacles... which tells me they truly do understand fellow people's dynamics"

J. B. K

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TESTIMONIAL

"I believe that it is the tutor that makes the difference to how much a student can learn and take in. I also believe that I would not have been able to get through the assignments without the input and weekly webinar held by the tutor. Thank you Joanna"

T
(NZ CERT L3)