

MENTAL HEALTH | TRAINING COURSES



MENTAL HEALTH CHAMPIONS

This programme develops mental health awareness and skills, qualifying individuals as Mental Health Champions. The Mental Health Champions course is delivered over 1 day. Candidates will gain:

- Knowledge and confidence to provide Mental Health First Aid for the most common mental health issues
- Understanding of how to help build a mentally healthy workplace, challenge stigma and support positive wellbeing
- A quick reference card for the Mental Health First Aid action plan

MENTAL HEALTH FIRST AIDER

This course qualifies individuals as a Mental Health First Aider and is delivered over 2 days. Mental Health First Aiders will develop:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mixture

All candidates will receive a MHFA manual to refer to whenever they need it, certificate of attendance and a resource full of advice on how to support employees and colleagues experiencing mental health issues.

Delivery

Delivery takes place through presentations, group discussions and workshop activities, typically delivered at the employer's workplace. We limit numbers to 16 people per course to ensure the instructor can support all candidates.

Please contact us for further information and a quote for your Mental Health training programmes.



Clubs and Trusts we have supported include:



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