



# Training Brochure

# Mental Health is Everyone's Business

## Why is MH training important?

- 1 in 4 people will experience a mental health problem
- Mental health problems cost employers 54bn every year, that is an average of £2,400 per employee.
- Sustained investment works, every £1 spent on Mental Health training returns £5.30
- Training reduces stigma
- Increases knowledge and understanding of mental health problems
- Builds confidence to talk about mental health
- Leads to happier employees who feel better supported.

## Why work with us?

- We are experts in mental health and we know what it takes to create a mentally healthy workplace
- We reinvest all our income into our charitable work. By investing in your organisation, you're also investing in better mental health and wellbeing for others
- Our quality assured courses are up to date with the latest guidance and best practice
- Our expert trainers create and facilitate safe spaces for important discussions to take place
- Our trainers bring lived experience perspectives and mental health expertise to the sessions

**“The return on investment for every £1 spent is £5.30”**

Deloitte: Mental health and employers, March 2022

**Studies have shown that employees who feel supported are more likely to stay with your business longer, and deliver the best outcomes.**





## Mental Health & Supporting Someone

Cost: Half day £60pp / Extended session £80pp

This course is designed to inform your understanding of mental health conditions. It looks at practical ideas and tools for supporting someone with mental health needs. The course will also increase your confidence when having supportive conversations.

### Learning Objectives

- Develop an informed understanding of mental health.
- Outline experiences of different mental health problems.
- Provide practical guidance and tools for supporting people.
- Share information about different types of support.
- Explore how we can look after ourselves when supporting others.
- Increase confidence around having supportive conversations about mental health.

## Mental Health Awareness - half and full day

Cost: Half day £60pp / Extended session £80pp

In today's fast-paced world, understanding mental health is crucial for fostering a supportive and productive environment. This course is designed to provide you with a broad understanding of mental health, its impact on individuals and communities, and practical strategies for promoting mental well-being.

### Learning Objectives

- Raise awareness of mental health and how it can vary
- Outline different mental health problems
- Share practical tips for supporting people
- Explore how mental health and wellbeing interact with our daily lives
- Highlight stigma, discrimination and how to tackle them
- Share tips for supportive conversations about mental health
- Provide sources of support and information





## Youth Mental Health First Aid

14 hour / 2 day course

Cost: £300 per person



The 14 hour YMHFA (Wales) course teaches adults how to provide Mental Health First Aid to adolescents.

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA Wales course teaches adults in roles such as school staff, parents, guardians, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

The Youth Mental Health First Aid Wales course is based on international MHFA Guidelines. These Guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

## Adult Mental Health First Aid

12 hour / 2 day course

Cost: £300 per person



The 12 hour AMHFA (Wales) course teaches adults how to provide Mental Health First Aid to friends, families and co-workers.

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves

The Adult Mental Health First Aid (Wales) course is based on international MHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers, and consumer advocates.

## Topics covered in both courses

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Severe effects from alcohol or other drug use
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Aggressive behaviours
- Suicidal thoughts and behaviours



## Customer Support & Mental Health

Cost: Half day £60pp / Extended session £80pp

This course outlines how mental health issues can impact on us and our customers and will help you to build the skills to look after your mental health at work. We will develop your understanding of how best to respond to and support your customers and equip you with helpful approaches to cope with challenging situations.

### Learning Objectives

- Help you recognise when a customer is vulnerable, and your responsibilities to them.
- Develop listening and engagement skills, encouraging empathy in the workplace.
- Build skills to look after your mental health and wellbeing at work while supporting customers

### By the end of the course, you will be able to:

- Understand mental health and different mental health issues, and how it can vary.
- Recognise stigma, discrimination, and how to tackle it
- Gain practical tips for supporting others, and how to look after yourself.
- Use helpful approaches to cope with challenging situations
- Find and provide sources of support and information.



**Excellent course. Dawn is a wonderful instructor, full of knowledge more than happy to share. Encouraged conversation and participation making everyone feel comfortable**



**Customer Support  
& Mental Health**

## Building Resilience & Confidence

4x 90 minute sessions or one full day\* / Cost: £80pp

It can sometimes be really difficult to know how we can look after ourselves. We can end up at the bottom of the list and our self-care can go out the window. These four one-hour sessions will help you develop your understanding around what can cause feelings of low self-esteem, awareness around our own emotional health and ways of building resilience and confidence.

### Learning Overview:

- Week 1: Introduction to Mental Health.
- Week 2: Resilience and the Emotional Health Scale
- Week 3: Challenging Negative Beliefs
- Week 4: Self-Care and How to Support Ourselves

**\*available to be delivered online or face to face**



## Building Awareness & Relaxation

Cost: £20pp

We discuss the concept of awareness and its importance in managing stress and promoting well-being. With a gentle transition into a relaxing space, you will be immersed into a multi-sensory experience, to help you unwind, re-charge and restore your inner balance.

### What you can expect:

- Discover and practice breath awareness techniques
- Take part in gentle stretch and strengthen exercises designed to help release muscle tension
- Experience the soothing embrace of being bathed in the harmonious tones of sound bowl music, melting away stress and bringing you to a state of deep relaxation.
- Be introduced to mindful relaxation exercises including body scans and visualisation.





## Managing Mental Health at Work

Cost: Half day £60pp / Extended session £80pp

This course will help you to recognise how mental health can affect work and work can affect mental health. It will help build resilience and will offer tools and information to support yourself and people in the workplace. Looking after your wellbeing when you're at work is so important.

### Learning Objectives

- Define what we mean by mental health and explore different mental health problems
- Learn ways to build positive and supportive cultures at work
- Learn ways to build resilience and support people in the workplace
- Explore ways of looking after yourself while supporting others
- Discuss sources of support and information to support yourself at work.

## Mental Health Awareness for Managers (MHFA Wales)

Cost: Half day / £60pp

This half day course takes an in-depth look into the workplace and things that managers can do to improve mental health and improve employee wellbeing in the workplace.

This course can be booked as a half day or in conjunction with our Mental Health Awareness course.

### Learning Objectives

- To understand how office culture can feed into positive/negative mental health
- To understand what can trigger mental health issues in the workplace
- To learn ways to help prevent poor mental health in the workplace
- To learn ways to breed a positive mental health culture in the workplace





All training courses can be delivered in the medium of Welsh.

Speak with us about discounts for group bookings.

**Can't find what you are looking for?**

Talk to us about bespoke training.

**Contact us**

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