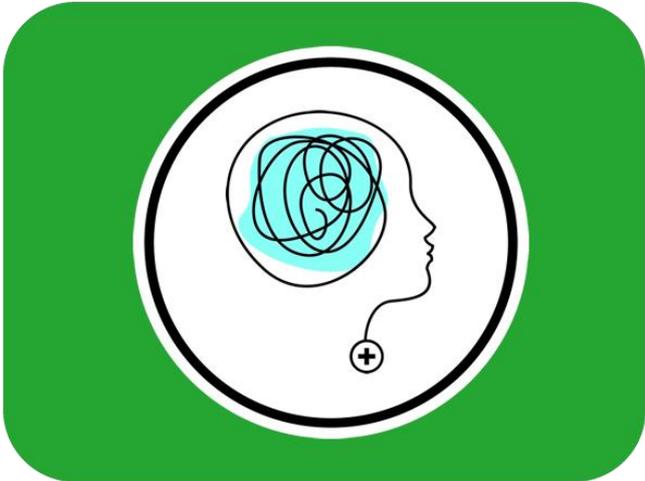




MENTAL HEALTH



Mental Health is just as important as your physical health. People living with mental health issues may suffer in silence.

If a member of your team, or even yourself, goes through a period of poor mental health, they may find everyday tasks becoming more difficult, or even impossible, to cope with. This may feel just as bad as a physical condition, or often even worse.

Mental health problems affect around one person in four in any given year, and since COVID-19 there has been a significant rise in people struggling with their mental health.

We offer three training courses for mental health in which the aims and objectives are to raise awareness and how to give First Aid with support to any employee that may suffer from mental health or mental illness.

The three training courses for mental health training are:

One Day Mental Health Awareness

- Our Mental Health Awareness course is for staff and co-workers to gain skills in becoming aware of how mental health can affect your team, colleagues, and yourself.

Two Day Mental Health First Aid

- Our Two-Day Mental Health First Aid course is to teach businesses how they can help treat their mental health employees.

Mental Health Management

- Our Mental Health Management course is aimed at managers that are currently or have previously managed members of staff that are dealing with issues of mental health

All of our Mental Health courses have been developed in conjunction with by Corrine Marklew who is a qualified PMV&A (Prevention Management of Violence and Aggression) Instructor that works in a Specialist Learning Disability Assessment and Treatment Unit for mental health. She is also a Mental Health staff nurse with 22 years of experience who specialises in Dual Diagnosis of mental health and Individuals with learning Disabilities.





1 DAY MENTAL HEALTH AWARENESS

Duration: 1 Day
Course Code: FAM25

Course Description:

This course will give delegates an understanding of the most common mental health illnesses. The course also gives delegates the ability to recognise the signs of mental ill health and the skills to support both themselves and others.

The above course will be delivered by experienced qualified working mental health professionals and qualified first aid assessors.

Who Should Attend One Day Mental Health Awareness Training?

- This course is ideal for those who wish to gain/increase their awareness of mental health in the workplace.

Course Contents:

- Introduction to Mental Health in the workplace
- Mental Health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health
- Suicide
- Recovery
- Building a mentally healthy workplace

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**





2 DAY MENTAL HEALTH FIRST AID

Duration: 2 Days
Course Code: FAM27

Course Description:

This Adult Mental Health First Aid two-day course aims to raise awareness of what mental health is so that employers can do more to support their employees. Unfortunately, around one in four people at any one time are affected by mental health problems. The course teaches delegates practical skills to spot the signs of mental illness and gives them the confidence to step in and support a person who needs assistance. Delegates will have a deeper understanding of mental health and what factors can affect wellbeing, and how to encourage a healthier tolerant working environment.

The above course will be delivered by experienced qualified working mental health professionals and qualified first aid assessors.

Who Should Attend Two Day Mental Health First Aid Training?

- This course is ideal for delegates who want to gain necessary skills to enable them to recognise the signs & symptoms of mental health issues in the workplace, be able to have non-judgmental conversations with the person affected and guide them to the right effective support.

Course Contents:

- Why mental health first aid?
- What is mental health and depression?
- Impact of mental health issues
- Statistics
- Stigma and discrimination
- Types of mental health problems and the impact of mental health issues
- Treatment and resources for anxiety disorders
- Alcohol, drugs and mental health
- Bipolar, personality and eating disorders
- Schizophrenia
- Self-harm
- Managing a mental health problem, the law and action plan
- Crisis first aid after a traumatic event
- Supporting mental health in the workplace
- Non-judgement listening skills
- Workplace Adjustments
- First Aid to assist a suicidal crisis or acute psychosis
- Symptoms & risk factors for depression
- First Aid for depression, anxiety disorders
- Self-care
- Recovery
- Action planning for using MHFA

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**





MENTAL HEALTH MANAGEMENT

Duration: 1 Day
Course Code: FAM29

Course Description:

One of the most important tasks for an employer is to make the work place a positive and constructive place to work for any employee who has a mental health or illness. An employee`s performance, reliability and commitment will improve if their mental health and wellbeing is in a positive state.

Mental Health Management is aimed at managers that will have to work with staff that are suffering from a mental health illness or issue. Being caring and understanding are the most important qualities to have. However, a business stills needs to be able to run efficiently and other members of staff will have work in an environment with a staff member that may need to be treated or have consideration due to their illness or problem. Making decisions for the good of your business instead of your staff can be a very hard task to manage. This course will show how management should deal with mental health situations in the workplace and create a safe space.

Course Requirements?

- Anyone that attends the Mental Health Management course needs to attend a Mental Health Awareness or Mental Health First Aider course in person or online before attending this course.

Who Should Attend Mental Health Management Training?

- This course is ideal for any member of a management team with direct responsibility to their employees.

Course Contents:

- Company handbook polices
- Danger and staff risk with Mental Health
- Pay and sickness
- Disciplinary and redundancy with Mental Health
- Documentation
- Staff with resentment due to unfair treatment of staff
- Staff bullying
- Workshop with role play
- When to break confidentially to Higher Management, Local Authority or Police
- Dealing with someone that maybe pretending to have an illness
- What not to say or what to say to staff dealing with Mental Health issues

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**

