

Workplace Wellbeing Training

open sessions

We are pleased to be able to offer some of our most popular training courses as open sessions.

Mental Health First Aider training - full 2 day adult course



This in-depth training is designed to raise the awareness of mental health in the workplace, reduce the stigma surrounding mental health issues and teach attendees how to have confidence in conversations with those in need of support.

This course is ideal for anyone who would like to become an MHFAider® and will enable them to:

- Gain the knowledge and skills to spot signs of people experiencing poor mental health
- Be confident to start a conversation and
- Signpost a person to appropriate support.

Learning takes place through four live training sessions.

You must attend all four of the online training sessions to qualify as a Mental Health First Aider.

Cost £320 per person, includes live training and MHFA resources.

July 2025

- Wed 2 & Thu 3 July 9.30am-1.30pm
- Wed 9 & Thu 10 July 9.30am-1.30pm

Book your place [Solent Mind - Mental Health First Aider Training - Open session - July 2025](#)

November 2025

- Wed 5 & Thu 6 November 9.30am-1.30pm
- Wed 12 & Thu 13 November 9.30am-1.30pm

Book your place [Solent Mind - Mental Health First Aider Training - Open session - November 2025](#)

To find out more or discuss your training needs, please email training@solentmind.org.uk or call 07833 288418

Proceeds from training help us to continue supporting people with mental health issues in our local community.

Charity Registered No: 1081116





MHFA-Mental Health Aware(4 hours)

This course raises awareness of mental health.

It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Cost £125 per person, includes live training and MHFA resources.

September 2025

Live training will take place on:

Tuesday 16 September, 9.30am-1.30pm

Book your place:

[Solent Mind - Mental Health First Aider Aware Training - Open session - 16th September 2025](#)

MHFA refresher training (4.5 hours)

Empower Mental Health First Aiders and MHFA Champions to maintain their skills with regular Refresher training.

The refresher course will support your Mental Health First Aiders and MHFA Champions by:

- Renewing their skills
- Updating their knowledge of mental health supports
- Giving them the chance to practice applying the Mental Health First Aid action plan

Cost £135 per person, includes live training and MHFA resources.

June 2025

Live training will take place on:

Wednesday 25 June 2025 9am-1.30pm

Book your place:

[Solent Mind - MHFA Refresher open session June 2025](#)

October 2025

Live training will take place on:

Tuesday 21 October 2025 9am-1.30pm

Book your place:

[Solent Mind - MHFA Refresher open session October 2025](#)



Suicide First Aid courses



SFA
Suicide First Aid
Understanding Suicide Intervention

SFA: Suicide First Aid Through Understanding Suicide Intervention (SFAUSI) - full day

This is a one day training course teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting.

The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach.

The course has been accredited by City & Guilds of London. Upon satisfactory completion participants attain 6 credits at level 4. Cost £150 per person

May 2025

Tuesday 6 May 2025 9am-5pm. Book your place:

[Solent Mind - SFA: Suicide First Aid Through Understanding Suicide Intervention \(SFAUSI\) - Full Day 06/05/2025](#)

Suicide First Aid Lite - 3.5hours

This programme is delivered over half a day as a suicide prevention awareness session. The Suicide First Aid Lite course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone stay safe from their thoughts and stay alive. Teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a suicide first aider. Cost £100 per person.

September 2025

Wed 10 September 2025 9.30am-1pm.

Book your place:

[Solent Mind - Suicide First Aid Lite- open session September 2025](#)



Managing Mental Health and wellbeing in the workplace (3.5 hours)

Aimed at line managers, this course increases confidence around talking about Mental Health and Wellbeing in the workplace. We'll identify the key management behaviours that support staff to be open about their mental health at work, help you understand how to support someone experiencing a mental health problem, enable you to signpost to resources within your organisation and/or local services and identify ways to look after your own wellbeing. One of our most popular courses.

Cost £100 per person

June 2025

Live training will take place via Zoom on:

Thursday 26 June 2025

Book your place: <https://solentmind.beaconforms.com/form/208c9ea9>

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