

Workplace Wellbeing

Training open sessions



We are pleased to be able to offer some of our most popular training courses as open sessions. These will be delivered online via Zoom

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.

June 2026

- Wednesday 17 & Thursday 18 June 9.30am – 1.30pm
- Wednesday 24 & Thursday 25 June 9.30am – 1.30pm

Book your place: <https://solentmind.beaconforms.com/form/39249611>

November 2026

- Wednesday 4 & Thursday 5 November 9.30am – 1.30pm
- Wednesday 11 & Thursday 12 November 9.30am – 1.30pm

Book your place: <https://solentmind.beaconforms.com/form/e17ca56d>

February & March 2027

- Wednesday 24 & Thursday 25 February 2027 9.30am – 1.30pm
- Wednesday 3 & Thursday 4 March 2027 9.30am – 1.30pm

Book your place: [Solent Mind - Mental Health First Aider Training - Open session - February 2027](#)

To find out more or discuss your training needs, 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.

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 all MHFA resources.

October 2026

Thursday 8 October 2026 9am-1.30pm

book your place:

<https://solentmind.beaconforms.com/form/d53a2fac>

January 2027

Thursday 28 January 2027 9am-1.30pm

book your place:

<https://solentmind.beaconforms.com/form/0c76cbf0>

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 2026

Live training will take place on:

Wednesday 23rd September, 9.30am-1.30pm

Book your

place:<https://solentmind.beaconforms.com/form/c0801797>



Suicide First Aid



SFA
Suicide First Aid
Understanding Suicide Intervention

SFA: Suicide First Aid Through Understanding Suicide Intervention (SFAUSI)

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 National Centre for Suicide Prevention Education and Training (NCSPET) is the UK's leading international provider of assured suicide prevention education and training programmes. Upon completion of this course, you may opt to obtain the Royal Society for Public Health (RSPH) Level 4 Award in Suicide First Aid®, which includes the completion of an assignment and enrolment fee.

July 2026

Wednesday 1 July 2026, 12.30pm-4pm

book your place: <https://solentmind.beaconforms.com/form/13de0e28>

March 2027

Wednesday 10 March 2027, 12:30pm-4pm

book your place: <https://solentmind.beaconforms.com/form/73794eef>

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

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