

Workplace

Wellbeing Training

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.



Mental Health First Aid (MHFA)

Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid. Training is designed to raise awareness of mental health in the workplace and reduce the stigma surrounding mental health issues. Developed by Mental Health First Aid England, delivered by Solent Mind trainers.



Mental Health First Aider Training

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 has been developed by Mental Health First Aid England and is internationally recognised and accredited.

- Face to face – 2 day course.
- Remote training - can be delivered over 2 full or 4 half days.

For up to 16 attendees. Cost £3,200 (includes training and all MHFA resources)

Mental Health First Aider Refresher Training

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

4.5 hours. Face to face or remote. For up to 16 attendees.

Cost £1,250 (includes training and all MHFA resources)



MHFA - Mental Health Aware

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

(4 hours. Face to face or remote. For up to 25 attendees. Cost £950)



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 course has been accredited by City & Guilds of London. Upon satisfactory completion participants attain 6 credits at level 4.

Face to face or Remote, 1 day course,
For up to 16 attendees. Cost £1,550

Suicide First Aid Lite

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.

Face to face or remote. 3.5 hours.
For up to 20 attendees. Cost £1,100



Bitesize sessions

One hour, £445 for up to 25 attendees

Delivered remotely via Zoom



Spotlight sessions



Supportive conversations about mental health in the workplace

We'll take you through a framework for having supportive conversations with colleagues about mental health in the workplace. We'll discuss things what to actively do (and to avoid), and barriers to approaching the having a challenging conversation. With the overall aim to increase confidence in having conversations a supportive dialogue around mental health and wellbeing in the workplace.

Write, draw, doodle...what's all this about journalling?

Explore something that can help reduce stress, manage anxiety, cope with depression, improve productivity and support your overall health and wellbeing. So, whatever you choose to call it (journalling, freewriting, doodling, getting your feelings and thoughts on to paper) why not take this opportunity to find out more...

Menopause and mental health - for all

A session to raise awareness about the menopause and mental health for everyone in the workplace and give some tips and techniques for those experiencing the menopause.

Menopause and mental health at work - managers' toolkit

A session for managers, raising awareness of the menopause and mental health with a focus on supporting your employees in the workplace.

Building resilience to cope with stress

In this session we'll look at stress, its triggers and the power of resilience. We'll help you understand the science behind why resilience is important. We'll also explore some practical tips for how to build your own resilience and you'll take away a personal action plan.

Other bitesize sessions

We can also deliver the following bitesize sessions - get in touch to find out more...

- An introduction to mindfulness
- Mental health and wellbeing overview
- Winter wellbeing
- Looking after your wellbeing – a carers guide
- Looking back and moving forward
- Five ways to wellbeing
- Sleeping better
- Beat the burnout
- Taking control of your mental health and wellbeing
- Managing anxiety
- Get connected
- Dealing with change - helping you to thrive in times of uncertainty
- Managing change - helping your team to thrive



Longer courses

Managing mental health and wellbeing in the workplace

Aimed at line managers, this course increases confidence around talking about mental health and wellbeing at work. We'll identify the key management behaviours that support staff to be open about their mental health and practical ways to help them. 3.5 hours. Face to face or remote, For up to 16 attendees. Cost £995

Five ways to wellbeing

This interactive and engaging session explores the five ways to wellbeing. We'll discuss early warning signs and how you can help others. However, the majority of the session focuses on the five ways to wellbeing. You'll leave the session with ideas and techniques to enhance resilience and mental wellbeing. 2 hours. Face to face or remote. For up to 25 attendees. Cost £675

An introduction to self-compassion

Higher levels of self-compassion are linked to increased feelings of happiness, optimism, curiosity and connectedness, as well as decreased anxiety, depression, rumination and fear of failure. This session will introduce you to what self compassion is and why having it can help us. You'll learn about and utilise techniques to improve your own levels of self compassion 1.5 hours. Remote. For up to 25 attendees. Cost £560

Courses for a specific audience

Mental health awareness for sport and physical activity

A workshop designed to give coaches, volunteers, sport administrators and front-of-house staff confidence supporting people with mental health problems to be more active. 2.5 hours. Face to face or remote. For up to 25 attendees. Cost £725

Mental health awareness - a workshop for students

During this session we'll be talking about mental health and wellbeing, focusing on the specific context of being a student and grounding our dialogue in the student experience. We'll look at how we respond to challenges and ways we can improve our responses and resilience. We'll also take a look at the resources that can help, and consider how we make a choice about what support to access when faced with so many options. 2 hours. Face to face or remote. For up to 25 attendees. Cost £675

Supporting students' mental health

Aimed at university and college staff to help identify the signs, symptoms and triggers of mental-ill health in students in higher education. We'll talk about how best to support them whilst maintaining your own mental wellbeing. This session will give attendees practical tools and signpost to relevant resources within your organisation and/or local and national services that can help support students. 3.5hrs. Face to face or remote. For up to 16 attendees. Cost £975

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.

