

# Workplace Wellbeing Training

To find out more or discuss your training needs, please email [training@solentmind.org.uk](mailto: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.**

## Supportive conversations about mental health in the workplace

**NEW!** During this session 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. (1 hour, Remote, For up to 25 attendees £425)

## **NEW!** Write, draw, doodle...what's all this about journaling?

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 (journaling, freewriting, doodling, getting your feelings and thoughts on to paper) why not take this opportunity to find out more... (1 hour, Remote. For up to 25 attendees £425)

## **NEW!** 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 (1.5hours, Remote. For up to 25 attendees £550)

## **NEW!** 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

(4hours,Face to face or Remote. For up to 25 attendees £950)



# 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

4.5hours, Face to face or remote. For up to 16 attendees. Cost £1,250 (includes training and all MHFA resources)

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## Suicide First Aid



### 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 £1,500

### 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 £1,000



**Bitesize sessions**  
**one hour, £425 for up to 25 attendees**  
**Delivered remotely via Zoom**

**Menopause and Mental Health**

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.

**Managing Change - Helping teams thrive**

In this session specially designed for Managers and team leaders we'll focus on how you can support your teams through change. We'll look at how you can foster an environment that prioritises wellbeing during change and share some practical steps you can take to help your teams to thrive.

**Dealing with Change - Thriving in times of uncertainty**

We're all feeling differently about restrictions easing, going back into the office and getting back to the things we used to do without a second thought. In this session we look at how we react to change and some techniques and tools to help us deal with it in a positive way.

**Mindfulness**

'Mindfulness' is a term most of us have heard of but many of us don't really know what it actually means. This hour long session will challenge the misconceptions of what mindfulness is and how it can help us. We'll explore some simple techniques that can be used in everyday life to promote your mindfulness and awareness of your own mental health.

**Mental Health and Wellbeing Overview**

A jam-packed session that will give you a quick run-through of the more common mental health problems to help you develop a better understanding of them, whilst also giving you tips on how to support yourself and others.

**Winter Wellbeing**

As the nights draw in and the days get colder some of us may notice a drop in our wellbeing. During this session we'll work through a winter toolkit – some timely reminders, tips and techniques to look after your mental wellbeing over the winter months.

**Looking after your wellbeing – a carers guide**

Caring for someone, whether it's a child or elderly parent, a sibling or a friend, can be rewarding but can also take its toll on our mental health and wellbeing. Created with parents and carers in mind, we'll take a look at how you can look after yourself. Exploring self-kindness, the power of reframing, managing your negative feelings and thoughts, and focusing on what you can control.

**"incredibly thought provoking with meaningful things you can take away and use in day to day scenarios."**

**Bitesize sessions**  
**one hour, £425 for up to 25 attendees.**  
**Delivered remotely via Zoom**

**Looking Back and Moving Forward**

This session is a chance to reflect on the past year, with a focus on holding on to positive changes as we move forward.

**Sleeping better**

Would you like to improve your sleep? If the answer is 'Yes!' this session is perfect for you! We'll examine sleep problems and the science behind them, helping you to understand sleep and why it's so important. We'll also give you some practical relaxation techniques and tips to help you sleep better.

**Beat the Burnout**

We talk a lot about burnout, but what does it actually mean and how can we switch off and relax? This session will give you some practical tips and techniques to take away.

**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.

**Taking Control of your Mental Health and Wellbeing**

During uncertain times, all of us feel differently and cope in different ways. In this session we'll explore ways to take control of your own personal Mental Health and Wellbeing. You'll leave the session with practical tools and techniques to help you stay in control.

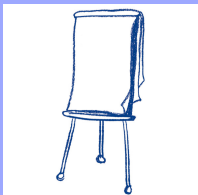
**Managing Anxiety**

During this session we will talk about anxiety, what it feels like, the anxiety cycle and window of tolerance. For the majority of the session, we'll focus on tried and tested tips and techniques for managing anxiety.

**Get Connected**

Connecting is one of the five ways to wellbeing and it's so important to us, but recent years have changed what, how and who we connect with. We'll take some time to look at this and consider how we want to connect in the future.

**"These sessions have been SO  
valuable, if there's a chance for more,  
jump at it!"**



## 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. 4 hours. Face to face or Remote, For up to 16 attendees. Cost £925

### **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 £650

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## 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 the confidence to support people with experience of mental health problems to be more active.

2.5hours. 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 £650

### **Supporting Student's Mental Health**

Aimed at University and College staff to help identify the signs, symptoms and triggers of mental ill health in students and 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 £925

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