

# Workplace Wellbeing Training open sessions

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

## MHFA training

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



## 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 is ideal for anyone who would like to become an MHFAider® 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.

### September 2024

Live training will take place on :

-Tuesday 17 September 2024, 9.30am-1.30pm

-Thursday 19 September 9.30am-1.30pm

-Wednesday 25 September 2024, 9.30am-1.30pm

- Thursday 26 September 2024, 9.30am-1.30pm

Book your place <https://solentmind.beaconforms.com/form/63e9b16b>

## 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 £75 per person, includes live training and MHFA resources.



### October 2024

Live training will take place on:

Tuesday 15 October 2024, 9am-1pm

Book your place:

<https://solentmind.beaconforms.com/form/582e6560>

## MHFA Refresher Training (4.5hours)

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

The four and a half hour 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.

### April 2024

Live training will take place on:

Wednesday 3 April 2024 9am-1.30pm

Book your place: <https://solentmind.beaconforms.com/form/400091d9>

### November 2024

Live training will take place on:

Wednesday 13 November 2024 9am-1.30pm

Book your place: <https://solentmind.beaconforms.com/form/8307495c>

## 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 £75 per person

### May 2024

Training will take place via Zoom on  
Wednesday 29 May 2024 9.30am-1pm

Find out more and book your place... \_

<https://solentmind.beaconforms.com/form/75aa1c72>

## Managing Mental Health and wellbeing in the workplace (4 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 £88 per person

### May 2024

Training will take place on:

- Tuesday 21 May 2024 9.30am - 1.30pm on Zoom

Book your place... <https://solentmind.beaconforms.com/form/b60cccb3>



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.**

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