



We partner with organisations across the UK and internationally to deliver practical mental health training. Our courses build the knowledge, confidence, and skills people need to feel equipped and comfortable supporting employee mental wellbeing.



Mental Health First Aid

2 Day Course – available online or in person

Suitable for anyone at any level within an organisation

Outcomes

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider® role in depth, including boundaries and confidentiality
- Practise self-care

Open Courses

Our regular online and in-person courses are a great fit 6 or fewer

Mental Health First Aid for Managers

2 Day Course – available online or in person

Suitable for Managers & Leaders at all levels

Building on the foundation of MHFA® training, this course translates core skills into practical tools for leadership – empowering managers to create psychologically safe, high-performing teams

MHFA® for Managers is the ideal choice for organisations that want to strengthen how their managers support workplace mental wellbeing.

Outcomes

- Gain knowledge and skills to recognise when someone may be experiencing poor mental health
- Have the confidence to start a supportive conversation, listen effectively, and the tools to signpost to appropriate help

Mental Health Skills for Managers

Half Day Course – available online or in person

Suitable for People Managers at all levels

Mental Health Skills for Managers will enable Managers to have meaningful and effective conversations with their team members about their mental health and wellbeing for them to thrive at work

Outcomes

- Describe mental health and the impact of stress on employees in the workplace
- Identify if a team member may be experiencing poor mental health
- Confidently have open conversations about mental health at work
- Respond empathetically to challenging situations related to mental health in the workplace
- Appropriately signpost your team members to available support
- Describe what support and guidance is available for yourself and your employees and how to access it

MHFA Refresher

Half Day Course – available online or in person

Recommended for anyone who has completed a 2 Day Adult MHFA® Course 3 years after initial training

Outcomes

- Revisit and refresh keys aspects of Mental Health First Aid
- Stay informed and up to date with awareness and knowledge of Mental Health
- Gain insight through sharing MHFA experience with other MHFAider's®

Dedicated Courses

For groups of 6 or more, this is often the most efficient and cost-effective way to deliver training for your organisation

Let's have a chat & find out what option is best for you

Email jen@fitfortomorrow.co.uk

Call 0788 4001388

www.fitfortomorrow.co.uk