



MENTAL HEALTH CHARTER INFORMATION PACK

WORKPLACE MENTAL HEALTH CHARTER
0333 335 5999 WWW.MENTALHEALTH-CHARTER.CO.UK

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ABOUT US

EXPERIENCING A MENTAL HEALTH CHALLENGE IS HARD ENOUGH. FEAR OF JUDGEMENT, SHAME AND ISOLATION JUST MAKES IT THAT MUCH HARDER. THAT'S WHY WE WORK TO END MENTAL HEALTH STIGMA AND DISCRIMINATION.

THE MENTAL HEALTH CHARTER IS A SOCIAL MOVEMENT TO CHANGE THE WAY PEOPLE THINK AND ACT ABOUT MENTAL HEALTH CHALLENGES. THE CHARTER STARTED IN 2020 AND IS GROWING YEAR ON YEAR!

WE SUPPORT LEADERS IN WORK AND IN COMMUNITIES TO DELIVER CHANGE, AND HELP PEOPLE WITH LIVED EXPERIENCE OF MENTAL HEALTH CHALLENGES TO STAMP OUT STIGMA THROUGH THEIR OWN CHARTER ACTIVITIES.

BUT THERE IS STILL MORE TO BE DONE TO CHANGE ATTITUDES AND BEHAVIOUR.

WE SUPPORT WORKPLACES BY:

- ENCOURAGING THEM TO MAKE A PUBLIC COMMITMENT BY SIGNING THE “WORKPLACE MENTAL HEALTH CHARTER COMMITMENT”
- WORKING WITH THEM TO DEVELOP ROBUST ACTION PLANS TO HELP THEM TURN THEIR COMMITMENT INTO REAL CHANGE
- EMPOWERING EMPLOYEE CHAMPIONS, WITH LIVED EXPERIENCE OF MENTAL HEALTH PROBLEMS, TO STAMP OUT STIGMA AND ENCOURAGE CONVERSATION
- PROVIDING THE TOOLS TO DELIVER LASTING CHANGE THROUGH ONGOING SUPPORT, TRAINING AND NETWORKING.

WANT TO KNOW MORE?

VISIT WWW.MENTALHEALTH-CHARTER.CO.UK

FREE MEMBERSHIP



FOR EMPLOYERS WHO CARE

IN SIGNING THE MENTAL HEALTH WORKPLACE PLEDGE, YOU COMMIT TO:-

- RECOGNISING THAT MENTAL HEALTH CHALLENGES CAN BE AN ISSUE WITHIN THE WORKPLACE AND EMPLOYEES MAY NEED SUPPORT
- TALKING OPENLY, RESPECTFULLY AND POSITIVELY ABOUT MENTAL HEALTH
- GETTING THE CONVERSATION STARTED AROUND MENTAL HEALTH AND RECOGNISING WE ALL HAVE MENTAL HEALTH, JUST LIKE WE HAVE PHYSICAL HEALTH
- ACTIVELY SUPPORTING AND INFORMING YOUR EMPLOYEES AFFECTED BY MENTAL HEALTH CHALLENGES

We are a not-for-profit organisation. All income is put back into the company to allow us to reach as many people as possible and raise as much awareness as possible surrounding mental health in the workplace

GOLD MEMBERSHIP



THIS HAS EVERYTHING INCLUDED TO BECOME A MENTAL HEALTH FRIENDLY EMPLOYER AND SHOWING MENTAL HEALTH SUPPORT AT WORK AND INCLUDES:-

- POSTERS FOR AWARENESS
- MENTAL HEALTH STAFF INDUCTION/ REFRESHER TRAINING
- HEALTH AND WELL-BEING POLICY AND PROCEDURE TEMPLATES
- MHFA ENGLAND TRAINING FOR TWO STAFF MEMBERS WITH POTENTIAL TO ADD MORE
- YOUR "MENTAL HEALTH HUB" (SEE PAGE 8)
- MENTAL HEALTH GOLD EMBLEM AND MENTAL HEALTH FRIENDLY EMPLOYER EMBLEM TO ADD TO YOUR WEBSITE
- WEEKLY EMAILS OF WELLNESS MOTIVATORS AND MINDFULNESS
- DIRECT ACCESS TO OUR TEAM
- WE WILL PLANT 100 TREES IN YOUR BUSINESS'S NAME (SEE PAGE 7)
- YOU ARE SHOWING COMMITMENT TO MENTAL HEALTH AWARENESS WITHIN THE WORKPLACE



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PLATINUM MEMBERSHIP



OUR PLATINUM MEMBERSHIP IS AWARDED TO THOSE EMPLOYERS WHO SHOW THE BIGGEST COMMITMENT TO MENTAL HEALTH AWARENESS IN THE WORKPLACE. PLATINUM IS ACHIEVED VIA AN AUDIT BY OUR TEAM AND WILL BE AWARDED AFTER THE COMPLETION OF 12 MONTHS UNDER THE GOLD MEMBERSHIP DEPENDING ON OUTCOME OF AUDIT. PLATINUM FAST TRACK ALSO AVAILABLE UPON REQUEST WITH AN ADDITIONAL AUDIT FEE. PLEASE CONTACT US TO FIND OUT MORE ABOUT THE AUDIT PROCESS

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OUR TRAINING



Mental Health Aware
MHFA England




MHFA Champion
MHFA England



Mental Health First Aider
MHFA England



Mental Health Refresher
MHFA England

	VIRTUAL	IN HOUSE
FIRST AID 2 DAY	MEMBER-£175 NON MEMBER-£200 £300 RRP	MEMBER-£200 NON MEMBER-£235 £300 RRP
CHAMPION 1 DAY	MEMBER-£125 NON MEMBER-£150 £200 RRP	MEMBER-£150 NON MEMBER-£175 £200 RRP
AWARE HALF DAY	MEMBER-£50 NON MEMBER-£75 £125 RRP	MEMBER-£75 NON MEMBER-£100 £125 RRP
REFRESHER HALF DAY	MEMBER-£75 NON MEMBER-£95 £125 RRP	_____

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OUR TRAINING PACKAGES

MENTAL HEALTH FIRST AID PACK


12 X EMPLOYEE MENTAL HEALTH FIRST AID TRAINING, BOTH IN HOUSE AND VIRTUAL AVAILABLE

VIRTUAL

MEMBER
£2,100 + VAT

NON MEMBER
£2,400 + VAT


RRP - £3,600
2 DAYS (IN HOUSE OR FACE TO FACE)



IN HOUSE

MEMBER
£2,520 + VAT

NON MEMBER
£2,820 + VAT



MENTAL HEALTH AWARENESS PACK

12 X EMPLOYEE MENTAL HEALTH AWARENESS, BOTH IN HOUSE AND VIRTUAL AVAILABLE

VIRTUAL

MEMBER
£600 + VAT

NON MEMBER
£900 + VAT

RRP - £1,500
4 HOURS (IN HOUSE OR FACE TO FACE)



IN HOUSE

MEMBER
£900 + VAT

NON MEMBER
£1,200 + VAT



MENTAL HEALTH CHAMPION PACK

12 X EMPLOYEE MENTAL HEALTH CHAMPION TRAINING, BOTH IN HOUSE AND VIRTUAL AVAILABLE

VIRTUAL

MEMBER
£1,500 + VAT

NON MEMBER
£1,800 + VAT



IN HOUSE

MEMBER
£1,800 + VAT

NON MEMBER
£2,100 + VAT

RRP - £2,400
1 DAY (IN HOUSE OR FACE TO FACE)



PICK 'N' MIX PACK

OUR PICK 'N' MIX PACK ALLOWS YOU TO PICK AND CHOOSE A TRAINING PACKAGE THAT WORKS BEST FOR YOUR BUSINESS. THIS PACK IS ELIGIBLE FOR UP TO 8 EMPLOYEES. ANY IN HOUSE TRAINING MUST BE FOR THE FULL 8 SPACES.

	MEMBER VIRTUAL	NON MEMBER VIRTUAL	MEMBER IN HOUSE	NON MEMBER IN HOUSE
	£50 PER PERSON	£75 PER PERSON	£75 PER PERSON	£100 PER PERSON
	MEMBER VIRTUAL	NON MEMBER VIRTUAL	MEMBER IN HOUSE	NON MEMBER IN HOUSE
	£125 PER PERSON	£150 PER PERSON	£150 PER PERSON	£175 PER PERSON
	MEMBER VIRTUAL	NON MEMBER VIRTUAL	MEMBER IN HOUSE	NON MEMBER IN HOUSE
	£175 PER PERSON	£200 PER PERSON	£200 PER PERSON	£235 PER PERSON



PLEASE BE AWARE THAT OVER ALL PRICING WILL VARY DUE TO IT BEING OF PICK 'N' MIX STYLE. PLEASE SEE NEXT PAGE FOR FULL INFORMATION ON PICK 'N' MIX PRICING.

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OUR GREEN MOVEMENT

THE NEED TO TAKE ACTION AGAINST THE CURRENT CLIMATE CRISIS HAS NEVER BEEN SO IMPORTANT.

THAT'S WHY

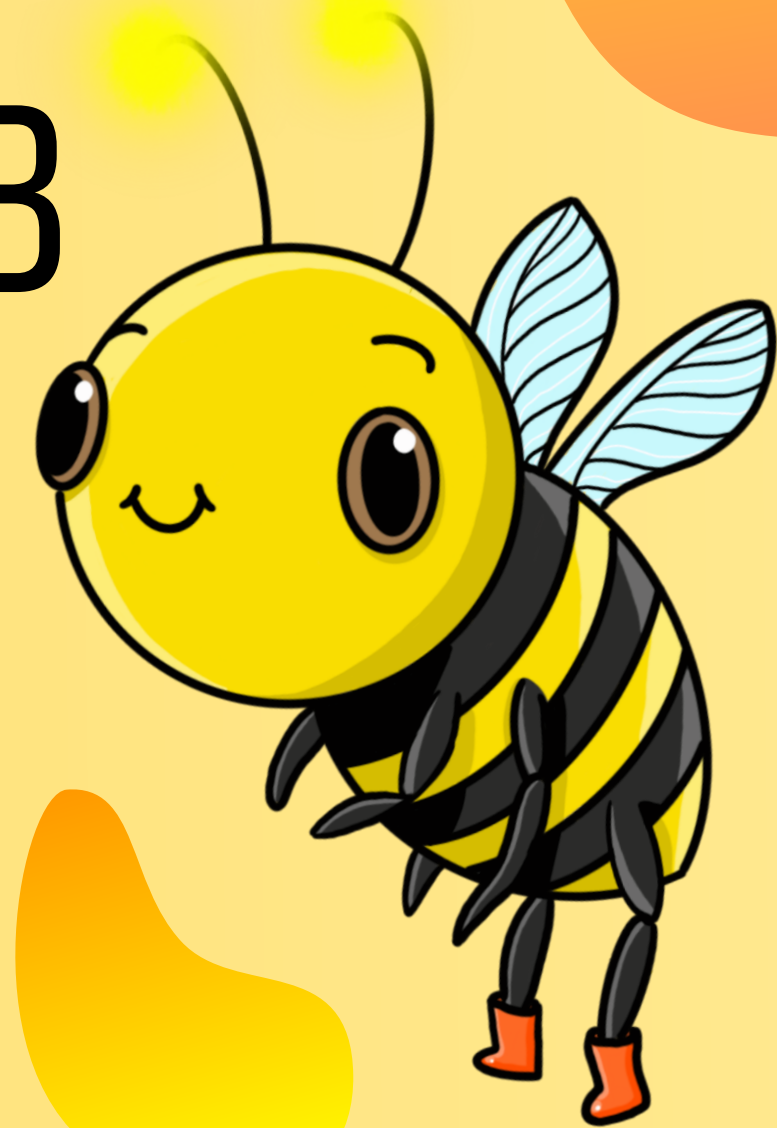


IN OUR NEW GREEN MOVEMENT WE
PLEDGE TO PLANT 100 TREES FOR
EVERY NEW GOLD MEMBER!

WE WILL BE WORKING WITH ONE OF OUR
MEMBERS, ECOLOGI TO MAKE THIS
MISSION POSSIBLE!



YOUR MENTAL HEALTH HUB



WITH OUR GOLD MEMBERSHIP ALL OF YOUR TEAM/EMPLOYEES WILL HAVE ACCESS TO OUR MENTAL HEALTH HUB APP ACCESSIBLE VIA THE APP STORE. YOU CAN ALSO ACCESS THROUGH THE WEBSITE.

THERE'S A LOT TO EXPLORE ON THE APP INCLUDING AUDIO BOOKS, MINDFULNESS SHEETS, EBOOKS AND EVEN A PAGE OF OUR VERY OWN MEMBERS ONLY DISCOUNTS FOR A RANGE OF HEALTH AND WELL-BEING PRODUCTS AND SERVICES.

SOME OF OUR MEMBERS



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CONTACT US



MENTAL HEALTH CHARTER C.I.C



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