



Mental Health Charter

Mental Health
Charter

Information Pack

CONTENTS

1. About us
2. Our Memberships
3. Our Memberships (continued)
4. Our training
5. Our training packages
6. Our Green movement
7. Mental Health Roadshow
8. Your mental health hub
9. Some of our members
10. Contact Us

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

OUR MEMBERSHIPS



	Bronze free (6 months only)	Silver £399 per year	Gold £599 per year	Platinum free after 12 months of gold or fast track options for £999
Posters for awareness	✓	✓	✓	✓
Logo and certificate	✓	✓	✓	✓
Weekly awareness emails		✓	✓	✓
Mental Health training for 2 employees		✓	✓	✓
Discounted training			✓	✓
Employee mental health app (My Mental Health Hub)			✓	✓
Employee induction presentation			✓	✓
Health and well-being products and services			✓	✓
Pop up sessions (we come to you)			✓	✓

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

OUR MEMBERSHIPS CONTINUED

	Bronze	Silver	Gold	Platinum
Webinars			✓	✓
Blogs			✓	✓
100 trees planted in your business name			✓	✓
Meditation and reiki sessions			✓	✓
Audit, Accreditation and Award				✓
Coming in 2023/2024 for gold and platinum members				
Well-being check ins			✓	✓
Podcasts			✓	✓
Training Platform			✓	✓
Suicide First Aid Training			✓	✓
Mental Health Awareness Training			✓	✓

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OUR TRAINING



Mental Health First Aider

MHFA England

This two day course trains you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix



MHFA Champion

MHFA England

This one day course trains you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing



Mental Health Aware

MHFA England

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



Mental Health Refresher

MHFA England

The four hour MHFA Refresher course will empower you to:

- Keep your awareness of mental health supports current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

OUR TRAINING PACKAGES

PRICE PER PERSON

	VIRTUAL	IN HOUSE
MENTAL HEALTH FIRST AID RRP £325 + VAT		
MEMBER	£195 + VAT	£225 + VAT
NON-MEMBER	£225 + VAT	£250 + VAT
MENTAL HEALTH CHAMPION RRP £200 + VAT		
MEMBER	£150 + VAT	£175 + VAT
NON-MEMBER	£180 + VAT	£200 + VAT
MENTAL HEALTH AWARENESS RRP £125 + VAT		
MEMBER	£65 + VAT	£90 + VAT
NON-MEMBER	£95 + VAT	£115 + VAT
MENTAL HEALTH REFRESHER RRP £150 + VAT		
MEMBER	£105 + VAT	£120 + VAT
NON-MEMBER	£140 + VAT	£150 + VAT

FURTHER DISCOUNTS AVAILABLE FOR MORE THAN 8 DELEGATES

MENTAL HEALTH FIRST AID PACKAGE FOR 8 PEOPLE

8 X Employee Mental Health First Aid Training package, both in house and virtual available

VIRTUAL

MEMBER
£1,400 + VAT

NON MEMBER
£1,800 + VAT

RRP - £3,120
2 Days
(In house or Face to face)

IN HOUSE

MEMBER
£1,800 + VAT

NON MEMBER
£2,000 + VAT

TOTAL COST FOR 8 DELEGATES, ADDITIONAL DELEGATES CAN BE ADDED

MENTAL HEALTH CHAMPION PACKAGE FOR 8 PEOPLE

8 x Employee Mental Health Champion Training package, both in house and virtual available

VIRTUAL

MEMBER
£1,000 + VAT

NON MEMBER
£1,440 + VAT

IN HOUSE

MEMBER
£1,400 + VAT

NON MEMBER
£1,600 + VAT

RRP - £1,920
1 Day (In house or Face to Face)

TOTAL COST FOR 8 DELEGATES, ADDITIONAL DELEGATES CAN BE ADDED

MENTAL HEALTH AWARENESS PACKAGE FOR 8 PEOPLE

8 x Employee Mental Health Awareness, Both in house and virtual available

VIRTUAL

MEMBER
£500 + VAT

NON MEMBER
£760 + VAT

RRP - £1,200
4 Hours (In house or Face to face)

IN HOUSE

MEMBER
£720 + VAT

NON MEMBER
£920 + VAT

TOTAL COST FOR 8 DELEGATES, ADDITIONAL DELEGATES CAN BE ADDED

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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.

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THE MENTAL HEALTH ROADSHOW



We are now offering all our gold members the chance for one free roadshow visit included with your membership! We feel that getting face to face and talking can have a massive impact. our roadshow allows us to come into your business and supply staff with the opportunity to learn about what you are doing for mental health in the workplace. There's even some freebies!

You can also book in for a roadshow visit if you are a non member for an additional cost, this will be discussed in the booking process

SOME OF OUR MEMBERS



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CONTACT US



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