



MENTAL HEALTH CHARTER

TRAINING PACKAGES



MHFA England

Mental Health
Workbook

Adult MHFA
Manual

MENTAL HEALTH BUDDY

ALGEE
Action Plan



MHFA England

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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

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)



**Mental Health
First Aider**

MHFA England

IN HOUSE

MEMBER

£2,520 + VAT

NON MEMBER

£2,820 + VAT

MENTAL HEALTH CHAMPION PACK

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



IN HOUSE

MEMBER

£1,800 + VAT

NON MEMBER

£2,100 + VAT

VIRTUAL

MEMBER

£1,500 + VAT

NON MEMBER

£1,800 + VAT

RRP - £2,400

1 DAY (IN HOUSE OR FACE TO
FACE)

Mental Health Charter



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

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.



RRP - £125 PER PERSON

MEMBER VIRTUAL	NON MEMBER VIRTUAL	MEMBER IN HOUSE	NON MEMBER IN HOUSE
£50 PER PERSON	£75 PER PERSON	£75 PER PERSON	£100 PER PERSON



RRP - £200 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



RRP - £300 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.

HOW TO BOOK

TO BOOK ANY OF OUR AWARENESS, CHAMPION OR
FIRST AID TRAINING PACKS PLEASE VISIT OUR
WEBSITE BELOW

WWW.MENTALHEALTH-CHARTER.CO.UK

FOR A QUOTE ON HOW YOUR PICK'N'MIX PACK WILL BE PRICED
UP PLEASE EMAIL INFO@MENTALHEALTH-CHARTER.CO.UK
WITH THE SUBJECT "PICK'N'MIX"

PLEASE ALLOW 24 HOURS FOR RESPONSE

