



## MENTAL HEALTH CHARTER

# TRAINING PACKAGES

THE MENTAL HEALTH CHARTER IS A  
NOT FOR PROFIT ORGANISATION





# OUR TRAINING



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



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



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



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
- 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



This half day or full day course from Suicide First Aid will empower you to:

- Knowledge to spot the signs of someone who may be thinking about suicide
- Confidence to intervene and help create a suicide-safety plan
- Skills to offer support to someone in distress or who may be experiencing suicide thoughts



This 4 hour course will allow you to be able to:

- Understand your responsibility as a manager in supporting the mental health of your team
- Recognise the business benefits of supporting mental health and wellbeing
- Initiate conversations about mental health with your team
- Recognise physical, emotional, or behavioural changes in your team members that may indicate a change to their mental health

**\*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\***



# SKILLS FOR MANAGERS

## MENTAL HEALTH SKILLS FOR MANAGERS TRAINING- 4 HOUR COURSE

**Empower managers in your organisation to build supported, motivated and committed teams**

Managers who are able to support the mental health of their teams will encourage employees to thrive, increasing talent retention. Providing this training to everyone with people management responsibilities will ensure a consistent approach to mental health and wellbeing across teams and departments, promoting healthy performance throughout the whole organisation.



Managers will learn to:

- Identify if an employee may be experiencing mental health issues
- Feel confident having open conversations about mental health with their team members
- Appropriately signpost to available support and know where to go for support and guidance for themselves
- Role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing

## Pricing

**£150 + VAT per person**





# FINWELL FINANCIAL CHAMPION

**CPD**  
The CPD Certification Service

## BECOME A CPD ACCREDITED FINANCIAL CHAMPION



# FINWELL CHAMPIONS<sup>®</sup> TRAINING



Healthier relationships with money for all workers and all workplaces

## What will you learn?

- The need to improve financial literacy through education
- The links between financial wellbeing, mental health and suicide prevention
- How to measure and improve financial wellbeing in four simple steps
- How to spot the signs of poor financial wellbeing with colleagues
- How to create psychologically safe spaces and have empathetic conversations
- How to effectively signpost to relevant resources and existing employee benefits

## Key elements of this training...



- CPD certified
- Ideal for leaders, managers, wellbeing leads and mental health first aiders
- Three modules - 1 x two hour group workshop then 2 x thirty minute online learning exercises to demonstrate understanding and 'put on own oxygen mask first'
- The group workshop available online or in-person
- Includes access to FinWELL Champions<sup>®</sup> online academy
- Access to ongoing training & support
- Includes access to educational content and live group workshops covering various topics and themes along life's financial journey
- Cost is £245 + vat per person (reduced on volume)








Visit [www.mentalhealth-charter.co.uk](http://www.mentalhealth-charter.co.uk)  
to find out more

£245 +  
vat per  
delegate





# PRICE PER PERSON

 <b>MENTAL HEALTH FIRST AID</b> RRP £325 + VAT		
	VIRTUAL	IN HOUSE
<b>MEMBER</b>	£220 + VAT	£260 + VAT
<b>NON-MEMBER</b>	£285 + VAT	£305 + VAT
 <b>MENTAL HEALTH CHAMPION</b> RRP £200 + VAT		
	VIRTUAL	IN HOUSE
<b>MEMBER</b>	£170 + VAT	£185 + VAT
<b>NON-MEMBER</b>	£185 + VAT	£195 + VAT
 <b>MENTAL HEALTH AWARENESS</b> RRP £125 + VAT		
	VIRTUAL	IN HOUSE
<b>MEMBER</b>	£80 + VAT	£95 + VAT
<b>NON-MEMBER</b>	£105 + VAT	£120 + VAT
 <b>MENTAL HEALTH REFRESHER</b> RRP £150 + VAT		
	VIRTUAL	IN HOUSE
<b>MEMBER</b>	£135 + VAT	£145 + VAT
<b>NON-MEMBER</b>	£145 + VAT	£150 + VAT
 <b>SUICIDE FIRST AID</b> RRP £200 + VAT		
	VIRTUAL	IN HOUSE
<b>MEMBER</b>	£145 + VAT	£160 + VAT
<b>NON-MEMBER</b>	£160 + VAT	£170 + VAT

Member rates are for Silver, Gold or Platinum members of the Charter



# 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  
£1,720 + VAT**

**NON MEMBER  
£2,200 + VAT**

RRP - £2,600 + VAT

2 Days

(Online or Face to face)

**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE



**Mental Health  
First Aider**

MHFA England

**IN HOUSE**

**MEMBER  
£1,960 + VAT**

**NON MEMBER  
£2,360 + 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  
£1,300+ VAT**

**NON MEMBER  
£1,440 + VAT**

## IN HOUSE

**MEMBER  
£1,440 + VAT**

**NON MEMBER  
£1,550 + VAT**

RRP - £1,600.00 + VAT  
1 Day (Online 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  
£600 + VAT**

**NON MEMBER  
£760 + VAT**

RRP - £1,000.00 + VAT  
4 Hours (Online or  
Face to face)



**IN HOUSE**

**MEMBER  
£750 + VAT**

**NON MEMBER  
£930 + VAT**

**TOTAL COST FOR 8 DELEGATES,  
ADDITIONAL DELEGATES CAN BE ADDED**



# SUICIDE FIRST AID PACKAGE FOR 8 PEOPLE

**8 x Employee Suicide First Aid,  
Both in house and virtual  
available**



## “ IN HOUSE

**MEMBER  
£1,100 + VAT**

**NON MEMBER  
£1,250 + VAT**

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Lite RRP - £1,600  
4 Hours (Online or  
Face to face)

## “ VIRTUAL

**MEMBER  
£950 + VAT**

**NON MEMBER  
£1,200 + VAT**

”



**TOTAL COST FOR 8 DELEGATES,  
ADDITIONAL DELEGATES CAN BE ADDED**



# HOW TO BOOK

**To book any of our training  
courses, please visit our website  
below**



**WWW.MENTALHEALTH-CHARTER.CO.UK**

**55A BEAM STREET  
NANTWICH  
CHESHIRE  
CW5 5NF**

**0333 3355 999**

**training@mentalhealth-charter.co.uk**

**We cover the whole of the UK**



**Not for profit organisation  
Registration No. 12564586**