



**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

PRICE PER PERSON

 <p>Mental Health First Aider MHFA England</p>	MENTAL HEALTH FIRST AID RRP £325 + VAT	
	VIRTUAL	IN HOUSE
	MEMBER	NON-MEMBER
	£215 + VAT	£245 + VAT
	£285 + VAT	£305 + VAT
 <p>MHFA Champion MHFA England</p>	MENTAL HEALTH CHAMPION RRP £200 + VAT	
	VIRTUAL	IN HOUSE
	MEMBER	NON-MEMBER
	£165 + VAT	£185 + VAT
	£185 + VAT	£195 + VAT
 <p>Mental Health Aware MHFA England</p>	MENTAL HEALTH AWARENESS RRP £125 + VAT	
	VIRTUAL	IN HOUSE
	MEMBER	NON-MEMBER
	£75 + VAT	£95 + VAT
	£100 + VAT	£120 + VAT
 <p>Mental Health Refresher MHFA England</p>	MENTAL HEALTH REFRESHER RRP £150 + VAT	
	VIRTUAL	IN HOUSE
	MEMBER	NON-MEMBER
	£125 + VAT	£135 + VAT
	£140 + VAT	£150 + VAT
 <p>SFA</p>	SUICIDE FIRST AID RRP £200 + VAT	
	VIRTUAL	IN HOUSE
	MEMBER	NON-MEMBER
	£145 + VAT	£160 + VAT
	£160 + VAT	£170 + VAT

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

ADDITIONAL TRAINING

MENTAL HEALTH KNOWLEDGE FOR MANAGERS TRAINING

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

In this digital training course, interactive modules equip managers with confidence and practical skills to support their teams' health and wellbeing.



Managers will learn to:

- Understand and fulfil managerial responsibilities around their teams' wellbeing
- Recognise when an employee may need support with their mental health and ways to navigate this
- Use the Ask, Listen, Respond framework to have effective mental health conversations as part of their everyday activity
- Recognise where and when to get further information and support

Pricing

£150 + VAT per person

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
£1,680 + VAT

NON MEMBER
£2,100 + VAT

RRP - £2,600 + VAT

2 Days

(Online or Face to face)



**Mental Health
First Aider**

MHFA England

IN HOUSE

MEMBER
£1,900 + VAT

NON MEMBER
£2,300 + 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
£1,250+ VAT

NON MEMBER
£1,440 + VAT

IN HOUSE

MEMBER
£1,400 + 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
£550 + VAT

NON MEMBER
£750 + VAT

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



IN HOUSE

MEMBER
£725 + 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

“ VIRTUAL

MEMBER
£950 + VAT

NON MEMBER
£1,200 + VAT

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



”
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



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We cover the whole of the UK



Not for profit organisation
Registration No. 12564586