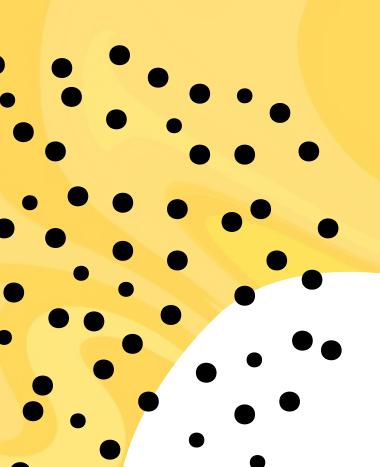
# TRAINING

## MENTAL HEALTH CHARTER



# PACKAGES

#### THE MENTAL HEALTH CHARTER IS A NOT FOR PROFIT ORGANISATION



# OURTRAINING

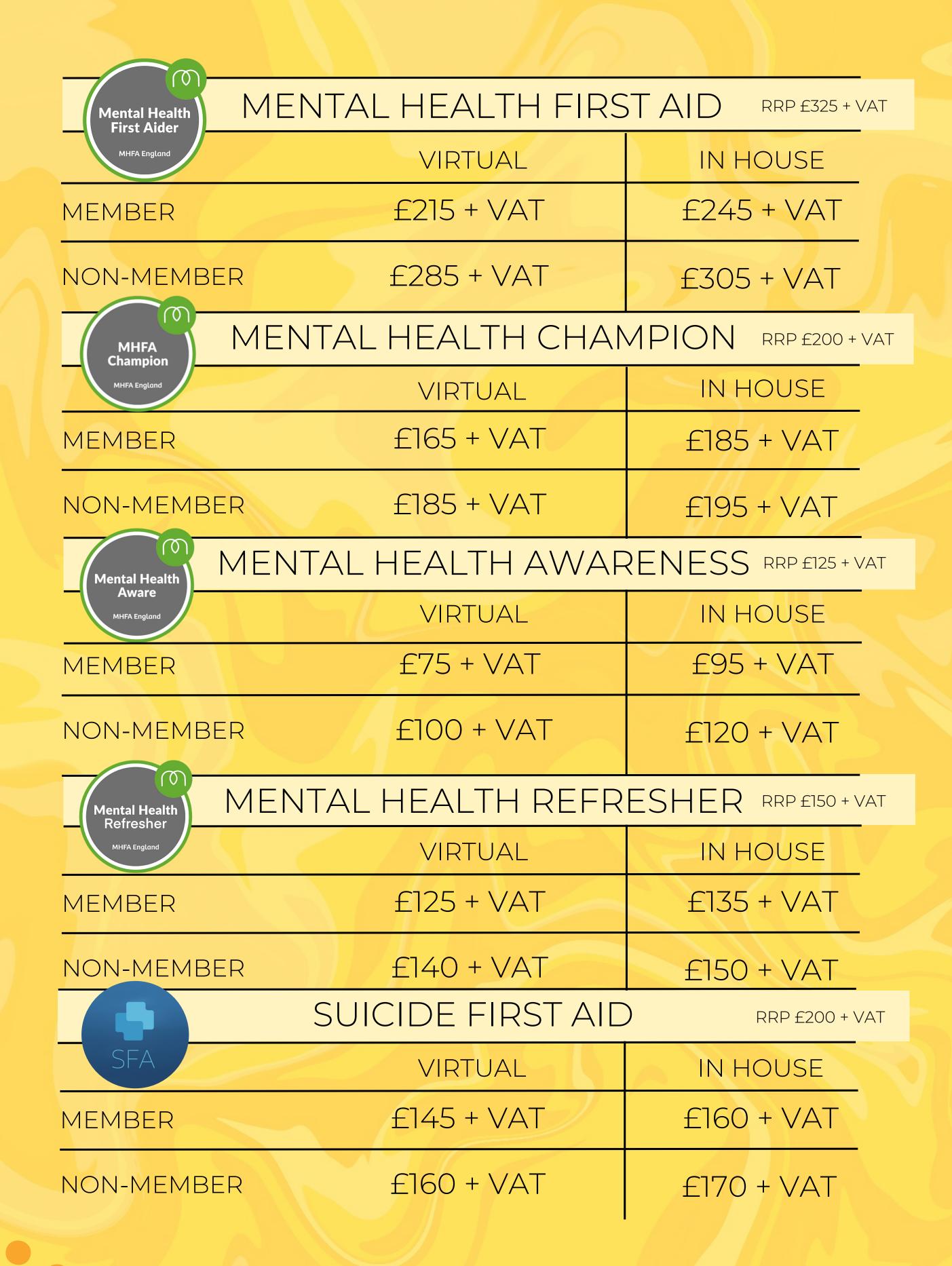
This course raises awareness of mental health. It covers:  $\bigcirc$ • What mental health is and how to challenge stigma A basic knowledge of some common mental health issues **Mental Health** Aware An introduction to looking after your own mental health and maintaining wellbeing  $\bullet$ Confidence to support someone in distress or who may be experiencing a mental • MHFA England health issue This one day course trains you as an MHFA Champion, giving you:  $\mathcal{O}$ An understanding of common mental health issues • Knowledge and confidence to advocate for mental health awareness ulletMHFA Ability to spot signs of mental ill health Champion • Skills to support positive wellbeing **MHFA England** The four hour MHFA Refresher course will empower you to:  $\mathcal{O}$ Keep your awareness of mental health supports current Update your knowledge of mental health and what influences it **Mental Health** Practice applying the Mental Health First Aid action plan • Refresher **MHFA England** 

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

Mental Health First Aider MHFA England	<ul> <li>An in-depth understanding of mental health and the factors that can affect wellbeing</li> <li>Practical skills to spot the triggers and signs of mental health issues</li> <li>Confidence to step in, reassure and support a person in distress</li> <li>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</li> </ul>
SFA	<ul> <li>This half day or full day course from Suicide First Aid will empower you to:</li> <li>Knowledge to spot the signs of someone who may be thinking about suicide</li> <li>Confidence to intervene and help create a suicide-safety plan</li> <li>Skills to offer support to someone in distress or who may be experiencing suicide thoughts</li> </ul>
Mental Health Skills for Managers MHFA England	<ul> <li>This 4 hour course will allow you to be able to:</li> <li>Understand your responsibility as a manager in supporting the mental health of your team</li> <li>Recognise the business benefits of supporting mental health and wellbeing</li> <li>Initiate conversations about mental health with your team</li> <li>Recognise physical, emotional, or behavioural changes in your team members that may indicate a change to their mental health</li> </ul>

\*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 work place\*

### PRICE PER PERSON



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

## ADDITIONALTRAINING

MENTAL HEALTH SKILLS FOR MANAGERS TRAINING- 4 HOUR COURSE

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

#### Mental Health Skills for Managers

MHFA England

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

# E150 + 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 Mental Health First Aider

**MHFA England** 

NON MEMBER £2,100 + VAT **99** RRP - £2,600 + VAT 2 Days (Online or Face to face)

Health

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IN HOUSE

MEMBER £1,900 + VAT

NON MEMBER £2,300 + VAT

MENTAL HEALTH CHAMPION PACKAGE FOR 8 PEOPLE

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

> MHFA Champion

**MHFA England** 

MEMBER £1,400 + VAT

IN HOUSE

## VIRTUAL

#### MEMBER £1,250+ VAT

NON MEMBER £1,440 + VAT NON MEMBER £1,550 + VAT

RRP - £1,600.00 + VAT 1 Day (Online or Face to Face)

• MENTAL HEALTH AWARENESS PACKAGE FOR 8 PEOPLE

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

VIRTUAL

MEMBER £550 + VAT Mental Health Aware

**MHFA England** 

Face to face)

Health

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## IN HOUSE

MEMBER £725 + VAT

NON MEMBER £930 + VAT

SUICIDE FIRST AID PACKAGE FOR 8 PEOPLE

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

> MEMBER £1,100 + VAT

IN HOUSE

## VIRTUAL

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#### MEMBER £950 + VAT

NON MEMBER £1,200 + VAT NON MEMBER £1,250 + VAT Lite RRP - £1,600 4 Hours (Online or Face to face)

# 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