

YOUR WELLNESS HUB MENTAL HEALTH FIRST AID TRAINING

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid. This training is an internationally recognised and accredited two-day course developed by Mental Health First Aid England.

It is designed to raise the awareness of mental health and reduce the stigma surrounding mental health issues.

COURSE BENEFITS

Attending this course will provide individuals with:

- .The practical skills, knowledge and confidence to recognise the symptoms of mental health issues;
- .Effectively support anyone experiencing mental distress;
- .Provide information on how to guide those experiencing problems towards seeking appropriate professional help.

A GROWING CONCERN

MIND, the leading mental health charity state that one in four of us are likely to experience a mental health problem each year which is likely to impact on our ability to work.

Mental ill health is the single largest cause of disability in the UK, with the cost of mental illness to the economy estimated at around £105 billion annually [Department of Health]. This includes direct costs of services, lost productivity at work and reduced quality of life.

Who is the training aimed at?

This course is ideal for anyone wanting to become a Mental Health First Aider, including Line Managers, Carers, Wellbeing/Mental Health Champions, HR professionals, Health and Safety representatives and Medical Professionals.

THE COURSE

This two day course is divided into four specific sections covering:

1. Mental Health First Aid, mental health and depression
2. Depression and suicidal crisis
3. Anxiety, personality disorders, eating disorders and self-harm
4. Psychosis, schizophrenia and bipolar disorder

In each section participants will learn how to:

- .Spot the early signs of a mental health issue
- .Feel confident helping someone experiencing a mental health issue
- .Provide help on a first aid basis
- .Help prevent someone from hurting themselves or others
- .Help stop a mental health issue from getting worse, and aid faster recovery
- .Guide someone towards the right support

COURSE FEES

As an MHFA accredited course, each two day course is restricted to a minimum of 8 and a maximum of 16 delegates.

The course fee comprises of two elements:

.There is a set course training fee - £2,990 + VAT, plus travel and expenses chargeable by the trainer. Please note that once the location of the training venue is known, travel and expenses will be calculated and the charge fixed. This will take place prior to your final order confirmation.

.A £25 + VAT charge per delegate for the MHFA Manual, Workbook & Certificate from MHFA England. Please note that a minimum fee of

£200 + VAT (8 participants) is charged for MHFA Manuals.

YOUR MHFA ACCREDITED TRAINER

Cathy Lawson is an experienced Wellbeing Coach, Trainer and Mental Health First Aid Instructor having spent over 20 years working with managers, teams and organisations to improve resilience, emotional intelligence and performance. With a fundamental understanding that employees with good physical, emotional and mental health will support reduced sickness, absenteeism, presenteeism and increased levels of commitment and performance.

Cathy is also a Health Coach for the NHS's 'Healthier You' diabetes prevention course, training and coaching individuals to make lifestyle changes to avoid the risk of developing type 2 diabetes.

Key qualifications:

Mental Health First Aid Instructor

NEBOSH National General Certificate in Occupational Health and Safety

Diploma in Wellness Coaching

Certificate in Business and Life Coaching
NLP Master Practitioner
Diploma in Person Centred Counselling
CIPD Certificate in Training & Development
Diploma in Nutrition & Weight Management

OPTIONAL ADDITIONAL MHFA SUPPORT COACHING

Delivered by Cathy Lawson, the support coaching service provides a support package for your trained Mental Health First Aiders. Designed to provide ongoing coaching in their roles and also the option for individuals to talk to Cathy confidentially about themselves – a 'caring for the carer' service.

This service is delivered on site over a day and can be tailored to your specific needs. Typically the day would include:

- .Group coaching sessions where your MHFA's can share experiences and best practice and seek additional advice. Given shift patterns you may require more than one of these sessions.
- .Individual 20 minute appointments for 1-2-1 consultations and advice
- .60 minute meeting with your 'lead MHFA' to discuss the delivery of the service to employees, provide professional advice into the management of the programme and personal coaching where required.

These days can be structured to meet the specific requirements of your business and your MHFA team.

Also available and designed specifically for your 'lead MHFA' are Skype consultations to provide support and advice on a 'as and when required' basis. Alternatively you may wish to add these sessions into a planned support programme.

We would typically recommend a quarterly programme of support coaching days, although each client would typically set out the requirement they initially want, with the scope to flex this up or down as required. You may wish to use a 'follow up support coaching day', one month or 3 months following the initial training, as a pilot.

Fees

Support coaching day - £1,495 + VAT, plus travel and expenses chargeable by the trainer. Please note that once the location of the training venue is known, travel and expenses will be calculated and the charge fixed. This will take place prior to your final order confirmation.

Skype coaching sessions - £425 + VAT, up to 90 minutes per session.