

THE IN-HOUSE TRAINING COMPANY

Mental Health Aware

A mental health awareness programme which provides a helpful, practical approach to develop understanding

Overview

Mental Health First Aid England Aware is an introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma.

Learning objectives

Through an interactive instructor-led live session, you will learn:

- What mental health is and how to challenge stigma
- An introduction to some common mental health issues
- Confidence to support someone who may be experiencing mental ill health
- Ways to look after your own mental health and support wellbeing

Who should attend?

This course is ideal for anyone aged 16+ who would like an introduction and awareness of mental health. No previous knowledge of poor mental health is required.

Course format

- This is a half-day, 4-hour, course delivered either in person or online
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn

Special features

Everyone who completes the course gets:

- A certificate of attendance to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health

Expert trainer

An enthusiastic developer of people, **Wendy** has been working as a Mental Health First Aid Instructor since August 2018.

Her interest in mental health started in 2017 when she joined a student accommodation provider as the Learning and Development Advisor (L&D). As she sat within the HR team, she realised that poor mental health impacts the staff and students. She felt passionate for change and doing something about it, she

submitted a project scope to the HR director. In 2018 she created an internal mental health forum that met monthly to discuss actions to move the project forward. The proposal included offering mental health training, which would be underpinned by a well-being campaign. Wendy upskilled as a Mental Health First Aid Instructor to deliver the content consistently and efficiently.

Wendy has since set up as an independent trainer to continue upskilling people in mental health. She has delivered MHFA England training to numerous clients in a diverse range of sectors, such as retail and hospitality, finance, manufacturing, arts & theatre, and public sector. Her clients include Amazon, BMW Group, British Museum and NHS Dental Trust amongst many others. Wendy's delivery gets results, as the following comments from course participants show:

- 'Wendy was very informative. She made sure all participants were involved in the course. She was non-judgmental and very understanding. It was very easy to open up and she created a brilliant atmosphere. I would recommend this course to any person in their private or professional life.'
- 'The tutor, Wendy, was great and her honest, real world examples were good and she brought a positive energy which helped to motivate the group which I think is hard with mixed engagement and a range of cameras on and off. Overall, it was a really good course - thanks so much to all involved.'
- 'I was so pleased with how well it went, each day was different and exciting, despite covering a lot of ground for each topic. The trainer was great and offered support and made me feel included in all of the sessions.'

Workshop outline

- What is mental health?
- Mental Health Continuum
- Factors that affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
 - Depression
 - Anxiety disorders
 - Psychosis
 - Eating disorders
 - Suicide
 - Self-harm
- Recovery
- Take 10 Together – starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources

Any questions?

Please just give us a call on 01582 463463 – we're here to help!
Or visit www.theinhousetrainingcompany.com