



# Workplace Wellbeing

## Workshop: Certified Mental Health First Aid



### Mental Health First Aid

The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work.

This is often translated into physical first aid – yet 1 in 4 of us will likely experience mental health issues at some point in our lives (Mental Health Foundation) – including when we are at work.

Mental Health First Aid is an educational course that teaches people how to identify, understand and help a person who may have a mental health issue.

In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health.

#### About the session

Specifically designed to support individuals in dealing with 'crises' situations prior to professional help arriving, this session also offers participants the confidence, knowledge and understanding of

mental health problems so they can support and guide colleagues appropriately.

Unlike many physical conditions, mental health issues can often be longer term. As such, this session can also provide delegates with an improved insight and therefore ability to manage mental health concerns over time – helping them to further support colleagues and their performance at work.

This programme is not about developing practitioners. It is simply offering an approach to actively support individuals in managing their mental state.

#### During this two-day course, delegates will explore how to:

- Identify the early stages of a mental health problem
- Help someone who's dealing with a mental health issue
- Help stop mental ill health from worsening
- Help someone have a quicker recovery
- Guide someone towards appropriate professional help
- Break the stigma of having a mental health problem

Certified by Mental Health First Aid England, your course is delivered by approved trainers with access to complementary resources.

This includes a mental health first aid manual as well as a workbook containing a wealth of relevant information and guidance.

Every employee who completes the course will become a qualified mental health first aider and earn a certificate from MHFA England.

We recognise the sensitive nature of these workshops and we guarantee our workshops will be delivered within a safe, respectful and non-judgemental environment. All our trainers are Mental Health First Aid Instructors, approved by MHFA England.

#### How to book

This in-house workshop is ideal for people managers or those with an interest in workplace wellbeing and health and safety.

Each course can be delivered for up to 15 delegates at £3000 plus expenses, plus VAT.

If you'd like to discuss the session in more detail, please get in touch.

t. 0161 237 4200 e. [orgimprove@growthco.uk](mailto:orgimprove@growthco.uk) w. [www.orgimprove.growthco.uk](http://www.orgimprove.growthco.uk)

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