

Courses summary

Mental Health First Aid

A 12 hour nationally accredited course to show proven skills in practical steps to supporting someone in a crisis.

Mental health awareness

A general one day course that gives an overview on four common mental health disorders and how to support someone.

Awareness for Tutors

Created for those who work in an adult learning environment. Giving practical exercises and information to have a socially inclusive session.

Awareness for finance industry

A half day course to increase awareness of how financial matters affect those who suffer from depression and anxiety.

What our delegates said

*'Carol and Nicole did a nice job!
Used different learning methods
combined with anecdotes'*

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Mental Health Courses

Why mental health training

There is still a lot of stigma and discrimination with mental health issues but that is due to the lack of knowledge around the subject.

A greater understanding of mental wellbeing can not only help with interpersonal skills but help with understanding how to benefit service users, customers and clients.

It's not unusual – it's not scary, but the right information about what mental health issues are and what we can do to support those dealing with mental ill health is an advantage to gaining good employees, work productivity, team building and customer relations.

One in four people will experience a mental health problem at some point in their lives – and they may well be one of your friends, colleagues or family members.

But do you know what to do or say?
Time to change campaign

What we offer

- In-house and open courses
- Specialized sector courses
- Competitive rates
- Interactive sessions
- Reference manual

Mental Health First Aid (MHFA)

A national training programme suitable for all individuals and employees

A 12 hour evidence based course usually delivered over 2 days, MHFA is a national training programme developed and regulated for the national institute for mental health in England.

The aims of this course are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem



Mental Health Awareness

Aimed at those with an interest in mental health and wellbeing or working with service users, this course gives an overview of mental health disorders, how to recognize the symptoms and guidance on how to support someone going through difficulty.

A comprehensive one day course.

What our delegates said

'Excellent overview on different mental health issues'

Specialized courses

Mental health for Tutors

This one day course works with the needs of tutors and trainers on how they can work with the skills of service users while keeping control of their class and skills to deal effectively with any disruptions to their session.

Mental health for finance workers.

Specifically designed for those who work in finance e.g. debt management or bank advisers.

The aim for this course is to have a good knowledge of depression and anxiety and how it affects how individuals respond (or not) to increasing debt.

This half day course is complete with practical exercises to help the process of quick mutual agreements between clients and their finance provider.

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