



Mental Health First Aid In-house Training

The problem

Mental ill health is a leading cause of sickness absence, costing employers billions in lost hours and productivity each year. One in four people experience a mental health issue every year, which can include conditions such as anxiety and depression. Encouraging a culture where employees talk openly about mental health makes a real difference to sickness absence, presenteeism and employee wellbeing.

How do we help?

We are certified training providers of accredited First Aid for Mental Health qualifications which has been developed using the latest research and information from some of the world's largest medical institutions in the UK. Our training provides your managers and mental health first aiders with in-depth knowledge of mental health conditions, how to spot the symptoms and warning signs of mental health issues with the confidence to step in, reassure and support your employees.



Hewlett Rand provided training and a huge amount of guidance to support our mental health in the workplace initiative.

Charity

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What's included

One day accredited workshop in mental health first aid for line managers and two day workshops for your mental health first aiders, covering:

- Types of mental health conditions
- Symptoms of stress and mental illness
- Advice and guidance
- Starting a conversation
- First aid plan for mental health
- Mental health in the workplace
- Promoting mental health wellbeing

Benefits

- We work with you to qualify your managers and mental health first aiders
- We help you drive culture change to support mental health and wellbeing in the workplace
- We tailor key messages to align with your organisation health and wellbeing policies and practices
- We train your teams to help prevent and respond effectively to mental health issues in your workplace
- Our training helps to prevent and reduce stress, mental health issues, absence costs and to retain your talent

We offer a no obligation meeting to walk you through our mental health first aid training in-house workshops. So, if we can help, we'd love to hear from you.

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