



Training Programme 2025

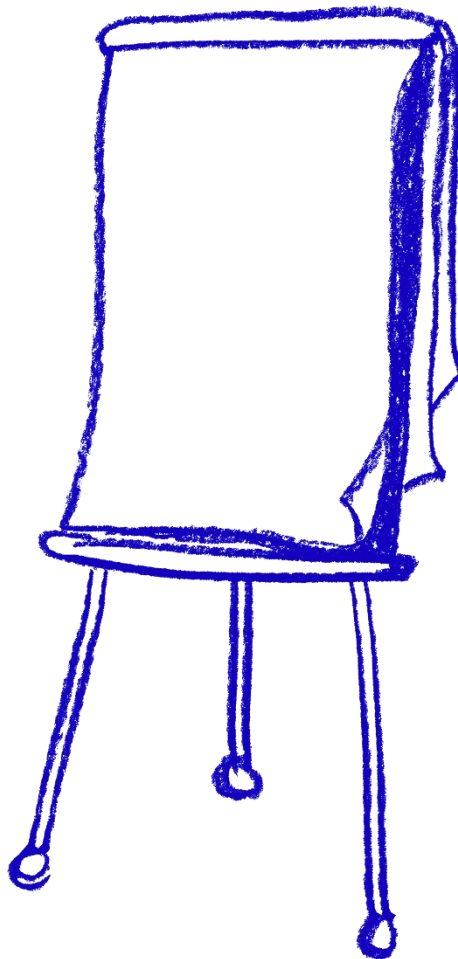


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Training Programme:

Explore our extensive range of training packages designed to empower employers in promoting mental health and wellbeing in the workplace.

Our Offer:

Comprehensive training designed to maximize mental health and wellbeing potential of your team.

Courses led by passionate trainers, aiming to reduce stigma and raise awareness

If you're interested in finding out more about how we can support your business, please contact us via training@sgmind.org.uk

Mental Health First Aid – Adult – 2 day

Learning outcomes

As an MHFAider you'll be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Format

- Online or face-to-face course structured across four flexible sessions. Each session is a maximum of 3hrs 45mins and sessions can be delivered within a two-week period
- Learners will be trained over four live sessions with an MHFA England Instructor Member, covering 14 hours of content in total
- Learning takes place through a mix of instructor-led training, group discussions, individual and group activities
- Each session builds on the previous one, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan
- We limit numbers to 16 people per course so that instructors can keep people safe and supported while they learn
- We strive for all of our learning content to be as accessible and inclusive as possible

Benefits

- Investing in the MHFA course doesn't just benefit you. You're helping to create a healthier, more supportive environment where everyone can thrive.

Better understanding of mental health and less stigma ripples out into communities, with the potential to improve and save lives.

Suicide First Aid Through Understanding Suicide Intervention

This course is available as either an online or face-to-face training session.

1-day training solution teaching suicide intervention skills. The course has been accredited by City & Guilds of London. Upon satisfactory completion participants attain 6 credits at level 4.

Programme Overview:

To book: Call 01793 547150 or email: training@sgmind.org.uk.

- This 1 day programme provides Learners with the foundational knowledge and practical skills needed to effectively intervene in situations where someone may be contemplating suicide.
- Designed for individuals across various professions and community roles, this programme equips you with the tools to recognise the signs of suicide, initiate life-saving conversations, and connect at-risk individuals with appropriate resources. Whether you're a healthcare professional, educator, HR personnel, or concerned community member, this programme empowers you to make a real difference.

Key Learning Outcomes:

- **Understanding Suicide and Its Causes:** Gain insights into the complex factors that can lead to thoughts of suicide and suicide behaviours, including mental health issues, emotional distress, and societal pressures.
- **Recognising Signs:** Learn how to identify the verbal, behavioural, and situational indicators that someone may be thinking of suicide.
- **Effective Communication Techniques:** Develop skills to engage in sensitive and supportive conversations, helping to de-escalate crises and offer hope to those in need.
- **Immediate Intervention Strategies:** Acquire practical tools and approaches for providing immediate support, including how to refer individuals to mental health professionals and other resources.
- **Ethical Considerations:** Understand the ethical responsibilities involved in suicide prevention, including confidentiality, consent, and the importance of self-care.

Programme Format and Duration:

- This is a concise, focused programme delivered over Zoom and lasting 1 day, making it accessible for busy professionals. The programme includes a mix of interactive presentations, real-life case studies, and role-playing exercises to ensure Learners leave with practical, actionable skills.

Who Should Attend:

- Anyone in a position to support individuals with thoughts of suicide, including healthcare providers, educators, HR managers, community leaders, and social workers. No prior experience in mental health or suicide prevention is required.

Certification:

- Upon completion, Learners can gain the Royal Society for Public Health (RSPH) Level 4 Award in Suicide First Aid®. This is a written assignment and upon completion Learners will receive an official qualification certificate from RSPH.

Why This Programme Matters:

- By equipping yourself with the skills taught in this programme, you become a crucial part of the effort to reduce suicide rates and save lives. Every intervention can make a difference.

Suicide First Aid Lite

This course is available as either an online or face-to-face training session.

The Suicide First Aid Lite is a great half day (3 hours) alternative to the 1-day SFA.

The SFA Lite course is a half day, 2 parts each 90 minutes duration.

Programme Overview:

This short programme provides participants with the foundational knowledge needed to effectively intervene in situations where someone may be contemplating suicide.

Designed for individuals across various professions and community roles, this programme equips you with the tools to recognise the signs of suicide, initiate life-saving conversations, and connect a person having thoughts of suicide with appropriate

resources. Whether you're a healthcare professional, educator, HR personnel, or concerned community member, this programme empowers you to make a real difference.

Key Learning Outcomes:

- **Understanding Suicide and Its Causes:** Gain insights into the complex factors that can lead to thoughts of suicide and suicide behaviours, including mental health issues, emotional distress, and societal pressures.
- **Recognising Signs:** Learn how to identify the verbal, behavioural, and situational indicators that someone may be thinking of suicide.
- **Effective Communication Techniques:** Develop skills to engage in sensitive and supportive conversations, helping to de-escalate crises and offer hope to those in need.
- **Immediate Intervention Strategies:** Acquire practical tools and approaches for providing immediate support, including how to refer individuals to mental health professionals and other resources.
- **Ethical Considerations:** Understand the ethical responsibilities involved in suicide prevention, including confidentiality, consent, and the importance of self-care.

Programme Format and Duration:

This is a concise, focused programme delivered online or in person, lasting half a day, making it accessible for busy professionals. The programme includes a mix of interactive presentations, real-life case studies, and role-playing exercises to ensure participants leave with practical, actionable skills.

Who Should Attend:

Anyone in a position to support individuals with thoughts of suicide, including healthcare providers, educators, HR managers, community leaders, and social workers. No prior experience in mental health or suicide prevention is required.

Certification:

Upon completion, participants will receive a digital badge from NCSPET, demonstrating their knowledge of suicide prevention as a Suicide First Aider®, along with a certificate of attendance.

Why This Programme Matters:

By equipping yourself with the knowledge and skills taught in this programme, you become a crucial part of the effort to reduce suicide rates and save lives. Every intervention can make a difference.

Understanding Self-Harm and Self-Injury

This course is available as either an online or face-to-face training session.

- This 1-day workshop has been developed to help create awareness, insight and break down stigma attached to Self-harm and Self-injury, while facilitating a supportive learning environment. The seven-hour CPD accredited course is for individuals and professionals that would like to understand and develop knowledge around Self-harm and Self-injury. While being able to help build confidence to support someone experiencing Self-harm and Self-injury behaviours.
- The course can be tailored to individual groups
Aims of the course are to: Understand and explore SH/SI and how to support a person who SH/SI
- Understand the issues and behaviours of people who SH/SI
- To be aware and understand how diversity can impact SH/SI
- To be aware, understand how stigma and discrimination can impact SH/SI
- To use new knowledge and understanding for professional work with people
- To feel confident and competent in responding and supporting individuals who SH/SI
- Understand the wider effects of social media on SH/SI
- To understand professional limitations when supporting people who SH/SI
- To clarify sources for further and signposting

Workshops/Talks Outlines

We offer a selection of Workshops/Talks to support Better Mental Health in the workplace. Please see below for a list of our most popular workshops which may suit your needs.

We aim to be flexible to meet your business's needs, this means we can work with you to create the content that best suits your needs.

Prices can vary depending on your different requirements such as number/length of workshops, and time. We can offer any workshop as a 30-minute talk with 15-minute Q&A. Talks have an unlimited number of participants. Workshops can hold from 6-16 participants.

Wellbeing Skills (Using the Five ways to wellbeing)

- Discuss what is mental being.
- Understanding the Five ways to wellbeing.
- Reflection and creating your own plan.
- Looking after your mental wellbeing whilst working.
- Activity around the subject.

Stress SOS

- To understand stress and how it affects our body.
- Identify individual sources of Tension and Stressors.
- Learn ways of self-help to reduce the impact of stress.
- Activity around the subject.

Understanding and Managing Anxiety

- When is anxiety a mental health problem?

- What panic attacks feel like and how to manage them
- Causes of anxiety
- How to help yourself
- What treatments are available

Depression Awareness

- What is depression?
- Symptoms
- How can you take care of yourself?
- How can you get help?
- How to support someone with depression

Getting active for better mental Health.

- To assess exercise alongside physical and mental health facts.
- Consider the links between physical and mental health.
- Understand how getting active can improve mental health.
- Ways to increase physical activity.
- Staying motivated.
- Activity around the subject.

Developing and Maintaining Good Relationships

- The importance of connecting with others
- How we learn to connect
- How we go on to connect as adults
- Patterns of relating
- How we can heal our relationships

- What keeps a relationship healthy?

Strengthening personal resilience.

- What is resilience?.
- How can we improve resilience?.
- Creating a resilience tool box.
- Activity around the subject.

Line managing – Creating a resilient team.

- What is mental wellbeing and why is it important?
- Understanding what might impact individuals' wellbeing and affect productivity.
- Looking after your wellbeing.
- Ways to support your teams' resilience.
- Online resources.

Mental Health at Work.

- Work and mental health
- Different ways to work
- Work and stress
- Difficult work relationships
- Getting support at work
- Returning to work

Mental health taster session.

- To understand the natural fluctuations of mental health.
- Consider Stigma, myths and stereotypes.
- Recognising signs and symptoms of mental ill health.
- Communication around mental health.
- Exploring resilience and self-management to help with mental health and wellbeing.

Suicide awareness workshop.

- Understanding creating a safe space.
- Considering Figures around suicide.
- Looking at the power of words – myths and truths.
- Talking about suicide – Asking the questions.
- Know what to do next.

Masculinity and Mens Mental Wellbeing

- Definitions of terms
- Overview of 'mental wellbeing'
- Why mental wellbeing is important and why men are less likely than women to access appropriate support
- Men, masculinity and socialisation
- How can we effectively support men with their mental wellbeing?
- Q&A

Trauma Informed Care

- What is trauma?
- ACEs
- Nervous System Regulation
- The Importance of Co-Regulation
- The Tenets of Trauma Informed Care
- Space to Practice
- Debrief and Q&A
- Signposting

Money Matters – Cost of Living Workshop

- The links between money and mental health
- Where to get help and support

Neurodiversity and Mental Health

- Awareness of the mental health needs of neurodiverse populations
- The Double Empathy Problem
- Adopting a Trauma-Informed Approach
- Five Ways of Wellbeing
- Common Mental Health Problems
- Signposting Support
- Q&A

Tools on how to support mental wellbeing of parents and carers

- Identify key parts of the brain involved in stress responses

- Discuss and explore practical strategies to support emotional regulation
- Consider the impact of social media on mental wellbeing

Course costs

Costs may vary depending on circumstances. We endeavour to make the training accessible and affordable for all.

Workshop Costs		
Course Type	Per Delegate	In House
90 Minute Workshops	N/A	£300
2 Hour Workshops.	N/A	£350
4 Hour Workshops.	N/A	£500

Talk Costs		
Talk	Per Delegate	In House
30 Minute with 15 min Q&A Online	N/A	£200
30 minute with 15 min Q&A In Person	N/A	£225
30 Minute with 15 min Q&A Online Recorded	N/A	£250
30 Minute with 15 min Q&A In Person Recorded	N/A	£275

Suicide First Aid and Self Harm and Self injury Training Course Costs		
Course Type	Per Delegate	In House
Suicide First Aid	£103	£1000
Suicide First Aid Lite	£54	£550
Self-Harm and Self Injury	£103	£1000

Mental Health First Aid - Adult		
Course Type	Per Delegate	In House
Mental Health First Aid	£325	£2600

Help For Your Employees:

Discover how we can empower your employees with our comprehensive support services that nurture their mental wellbeing. We recognise the significance of fostering a supportive workplace culture where employees feel valued and equipped to prioritise their mental health.

Explore our range of employee support packages, personalised wellbeing appointments, and confidential counselling sessions tailored to meet the unique needs of your team.

Telephone or Video Wellbeing Sessions:

- Personalised one-on-one appointments to develop wellbeing plans based on the 5 Ways to Wellbeing.
- Participants can expect to build resilience, develop healthier relationships, and achieve greater emotional balance.

Counselling Sessions:

- One-on-one integrated counselling via telephone or video call, empowering individuals to apply coping strategies and skills developed during therapy.
- These sessions offer a confidential and convenient way to receive support, helping to reduce stress, improve mental clarity, and enhance overall wellbeing.

If you're interested in finding out more about how we can support your business, please contact us via training@sgmind.org.uk

Swindon Mindful Employer Network

- Working in partnership with Business West, where businesses come together to prioritise mental health and wellbeing in the workplace. We understand employers' vital role in creating supportive and inclusive work environments. Our network provides a platform for representatives to champion mental health in the workplace and fostering a culture of wellbeing for all.

Just so you know, this is for Swindon businesses only. If you're interested in joining our network, and attending one of our free events please contact us via smen@sgmind.org.uk

Could we become partners?

The chances are if you are reading this brochure then you already have an interest in raising the awareness of mental health and workplace wellbeing, therefore you may want to explore how you or your organisation can further help support Swindon and Gloucestershire Mind continue to share the message.

- Does your organisation have charitable partnerships already in place that are reviewed regularly?
- Do you have a charity of the year?
- Does your organisation or you as an individual carry out any fundraising events?

If the answer to any of the above is yes and you would consider Swindon and Gloucestershire Mind as your charity of choice, please contact us via **fundraising@sgmind.org.uk**