

Mental Health First Aid:

Your guide to Bath Mind's **Mental Health
First Aid England (Adult)** courses.



**Bath & North East Somerset's local and
independant mental health charity.**

 **mind Bath**

www.bathmind.org.uk

Charity No. 1069403



Mental Health First Aid Courses

Delivered by Bath Mind

We currently offer the following Mental Health First Aid England accredited training courses via our experienced mental health trainers:

Mental Health First Aid Course (Adult)

- Qualifies participants as a Mental Health First Aider (MHFAider®) with optional additional qualification.
- Four flexible sessions, 4 hours per session,
- Become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through the MHFAider Support App®.
- Courses can accommodate up to 16 participants.

Mental Health First Aid Champion Course (Adult)

- 1-day face to face or 2 x 4 hour/ 4 2 hour online live sessions.
- Qualifies participants as Mental Health First Aid Champions designed for the workplace. Includes manuals and workbook.
- In-house and public courses available.
- Courses can accommodate up to 16 participants.

Mental Health Aware Course (Adult)

- Half day face to face or 4.5 hour online live session.
- Courses can accommodate up to 24 participants.
- Includes certificate of attendance, manual and workbook.

Mental Health Skills for Managers (Adult)

- Half day face to face or 4 hour live session.
- Courses can accommodate up to 16 participants.
- Includes certificate of attendance and digital workbook.

Mental Health First Aid Refresh Course (Adult)

- Half day face to face or 4.5 hour online live 'refresh' session for existing MHFAiders® or MHFA Champions who completed their training 2-3 years ago.
- Courses can accommodate up to 24 participants.
- Includes certificate of attendance, manual and workbook.
- Includes access to the new MHFA course resources, ongoing learning and 24/7 digital support through the MHFAider Support App®.

MHFA England
INSTRUCTOR
MEMBER



The following pages provide further details on each course, including course content and pricing structures.

Mental Health Skills for Managers

Empower managers to put wellbeing at the heart of their leadership approach with this practical and immersive course.

Overview

Instructor: Bath Mind Trainer, *accredited Mental Health First Aid England® Instructor Members.*

The relationship between managers and their team members is key for the health and wellbeing of the whole organisation. Delivered by workplace mental health experts, this course builds skills in your leaders to feel confident to have mental health conversations as part of their everyday management.

Benefits of Mental Health Skills for Managers

Managers who are able to support the mental health of their teams will encourage employees to thrive, increasing talent retention. Providing this training to everyone with people management responsibilities will ensure a consistent approach to mental health and wellbeing across teams and departments, promoting healthy performance throughout the whole organisation.

Managers will learn to:

- Identify if an employee may be experiencing mental health issues.
- Feel confident having open conversations about mental health with their team members.
- Appropriately signpost to available support and know where to go for support and guidance for themselves.
- Role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing.
- In-house and public courses available.

Format

- 30-minute self-reflective work before the course.
- Four-hour course delivered face-to-face or online.
- Immersive training session, led by an instructor with people management experience.

- Opportunities to practice embedding skills through group activities and discussions to share best practice.
- The course is delivered to a maximum of 16 people to allow for rich discussion.

Takeaways

Everyone who completes the course receives:

- A certificate of attendance.
- Tools to take care of their own mental health as a manager and empower their teams.
- A workbook to use during the course.
- Digital support resource to help embed ongoing learning and development.

Accessibility:

We strive to create courses and resources that everyone can access. When you register onto a course through the MHFA England® link provided, please fill in the 'Accessibility requirements' section of the booking form and tell us what you need to access the course venue and materials.

Public Courses:

We run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

Cost: We value this course at **£150 per person**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all.

In-House Courses:

We run courses for groups of up to 16 colleagues within your organisation. This allows your organisation to create a cohort of managers that can demonstrate confidence and clarity on supporting staff with their mental health and wellbeing.

Costs:

- 8-10 participants: £1350
- 11-13 participants: £1600
- 14-16 participants: £1900

- We will work with you to book a convenient session, whether that be face to face or online.
- We will need 2-3 weeks' notice for any bookings.
- You are welcome to invite colleagues from partner organisations to join and share costs - we can have up to 16 people in each cohort.
- We are able to offer a discount for charities and education settings. Please ask for more information.



How to book 🍋

Interested in booking an in-house session?

Head to our [training request booking form](#) to express your interest. A member of the team will be back in touch shortly to discuss and confirm your session.

Interested in booking on to one of our public courses?

We host public MHFA courses regularly throughout the year. Head to our [Mental Health First Aid webpage](#) to find out more on any upcoming courses and book your space.

Get in touch:

Whether you are interested in training as an individual, or in booking training for your organisation, contact Hannah Roper, Director of Business Development at Bath Mind to discuss your requirements: **Hannah Roper** hannahroper@bathmind.org.uk or **07943 496 835**.



Any questions?

Please [get in touch](#) if you have any queries.

Thank you for supporting our work and helping to support the mental health and wellbeing of our community.

Want to keep updated with training courses and events? [Sign up](#) to our supporters mailing list!

 **Mind Bath**

www.bathmind.org.uk

Charity No. 1069403