

## Wellbeing in the Workplace and Mental Health Training



Building resilient, inclusive teams and workplaces that support wellbeing

**Accredited Training Courses**  
**Specialist Bespoke Training**  
**Interactive Wellbeing Sessions**  
**Team Building Workshops**  
**Staff Events and Away Days**  
**EDIE & HR Consultancy**  
**EAP 1:1 Counselling Service**



## Why Choose Bath Mind?

**"I would highly recommend for businesses to partner with Bath Mind as they provide so much support and resources to help you get started, or continue, a workplace wellbeing strategy."**

- Experts in mental health and wellbeing; a leading provider of mental health and wellbeing services in BaNES since 1998.
- Social investment and impact: All income generated directly supports us to continue delivering our services to local people.
- A broad range of training and wellbeing support which can be tailored to meet the individual needs of your organisation.
- Trusted providers of many local organisations including RUH, Sulis Hospital, University of Bath, Bath Spa University, Curo.
- Discounts for local registered charities and collaborative events to support smaller charities and local businesses.
- Special offers for annual consultancy bookings and corporates selecting Bath Mind as Charity of The Year.

## Why Invest in Staff Wellbeing?

**Poor mental health among employees costs UK employers £53-£56bn per year\***

- Bath Mind's Wellbeing in the Workplace training can help your organisation understand how best to support people and create an environment where mental wellbeing is prioritised.
- Improving mental health knowledge, tackling stigma, improving policies, practices and cultures will enable staff and your organisation to thrive.
- UK employers have a legal duty of care to support the mental and physical wellbeing of their employees under Health and Safety law.
- Valued, supported staff are more likely to perform at their best.

\*Deloitte March 2022



**59% of people considering leaving their job cite personal mental health and wellbeing issues as a major factor\***

\*Deloitte 2024

**"The course has given me more confidence to feel like I can support friends or colleagues with their mental health. Would highly recommend to anyone."**

## The Impact of Investing in Staff Wellbeing with Bath Mind

**The return on investment for every £1 spent on supporting employee wellbeing is £5.30\***

- Build an open culture and an inclusive, resilient workforce.
- Improve staff retention and reduce preventable absenteeism.
- Meet corporate social responsibility goals.
- Contribute to the sustainability of Bath Mind's services supporting the mental health and wellbeing of people living in your community.
- Managers and teams are better able to support one another.

### Accredited Training Courses

From increasing mental health awareness to empowering managers to support teams, we offer a range of courses from half to full days. Mind CPD certified and Mental Health First Aid accredited.

From £65 / person

### Wellbeing Talks and Interactive Workshops

Engaging wellbeing talks and workshops which can be combined to create a wellbeing event tailored to meet the needs of your team. Creative, interactive workshops to support team building.

Talks from £7.50 /person  
Workshops from £46/person

### Bespoke and Specialised Training

Training tailored to meet organisational needs including around trauma, neurodiversity, EDIE and disability in the workplace and broader mental health issues to increase awareness, support staff, managers and HR teams.

Prices tailored to meet your needs and budget.

### Consultancy and Counselling

Supporting your organisation to thrive year-round through EDIE, HR workplace wellbeing-support, policy review and guidance.

1:1 counselling to support employees.

Prices tailored to meet your needs and budget.

Please contact us for an initial consultation and quotation: [training@bathmind.org.uk](mailto:training@bathmind.org.uk)

## Workplace Training Courses

CPD Certified courses developed by national Mind charity to support Wellbeing in the Workplace.

### Mental Health Awareness

An introductory course for all employees, raising awareness of mental health, exploring how mental health and wellbeing interact with daily life and how to have supportive conversations about mental health.

### Managing Mental Health at Work

- Aimed at supporting line managers.
- Emphasises the importance of looking after your own and your teams' mental health.
- Builds confidence in supporting your team.

### Mental Health and How to Support Someone

- Practical guidance and tools to develop confidence when supporting someone else.
- Build awareness and skills to care for your own mental health and wellbeing.

### Customer Support and Mental Health

- Understand how best to respond to and support your customers.
- Equip yourself with helpful approaches to cope with challenging situations.



For full course descriptions please visit: [www.bathmind.org.uk/training/](http://www.bathmind.org.uk/training/)

## Workplace Training Courses

Mental Health First Aid England courses to improve understanding of mental health and build skills to support others.



### Mental Health First Aid

Become a qualified Mental Health First Aider. Learn how to provide first level support and early intervention to individuals experiencing mental health issues.

### Mental Health First Aid Aware

An introductory course to raise awareness, gain an understanding of common mental health issues and the skills, knowledge and confidence to support positive wellbeing at work.

### Mental Health First Aid Refresh

Renewal of Mental Health First Aid (every 3 years).

### Mental Health First Aid Champion

Gain the knowledge and confidence to promote mental wellbeing services, initiatives and activities in the workplace.

### Mental Health First Aid for Managers

Equips managers with the tools and confidence to support their teams' mental health and wellbeing.

### Suicide First Aid

Developed in partnership with City & Guilds. Teaches the theory and practice of suicide intervention skills.

### Youth Mental Health First Aid

Gain knowledge, awareness and skills to spot poor mental health in young people, confidence to start a conversation and tools to safeguard and signpost to appropriate support.

View full course descriptions: [www.bathmind.org.uk/training/](http://www.bathmind.org.uk/training/)

## Workshops, Talks & Events

We offer informative, engaging sessions and talks which can be tailored in duration and content, either stand-alone or part of an event or staff away day.

### Wellbeing Talks and Sessions

The Five Ways to Wellbeing  
Identifying and Managing Stress  
Strategies to Manage and Support Anxiety  
Equality, Diversity and Inclusion in the Workplace  
Understanding Resilience

Add a relaxing 15-30 minutes to the end of your session:

Guided Relaxation  
An Introduction to Breathwork



Our workshops offer the opportunity for staff to connect and engage, building relationships and strengthening teams to develop inclusive workplaces where everyone feels valued.

### Interactive Workshops

Good Food for Better Mood  
Nature and Gardening for Wellbeing  
Herbs for Wellbeing  
Wreath Making / Floral Decorations  
Lino Printing  
An Introduction to Fermentation

Get in touch to create your event: [training@bathmind.org.uk](mailto:training@bathmind.org.uk)

[www.bathmind.org.uk/training/](http://www.bathmind.org.uk/training/)

## Equality, Diversity, Inclusion and Equity in The Workplace (EDIE)

We offer training, talks and consultancy around cultivating an inclusive workplace and how this can benefit your teams and your organisation.

How Inclusivity Can Power Up your Organisation  
An Introduction to EDIE in the Workplace  
Managing Neurodiversity in the Workplace

## Consultancy

One off or regular consultancy in a broad range of workplace topics around EDIE in the workplace and HR support for managers and organisations, including EDIE policy and audit. Improving your organisation's understanding and empowering you and your teams. Tailored to meet the needs and budget of your organisation.

## Bespoke Training

We offer bespoke, interactive training for mental health professionals, supporting staff and managers to build skills, confidence and resilience, including:

- Stress
- Trauma and vicarious Trauma
- Autism

Please contact us to discuss your individual needs.

## 1:1 Counselling

Our BACP accredited counselling service can support individuals or provide extended EAP organisational support, from our Counselling suite or on site\* (\*subject to minimum booking terms).

For further information on counselling, please contact: [counselling@bathmind.org.uk](mailto:counselling@bathmind.org.uk)

## Building deeper connections

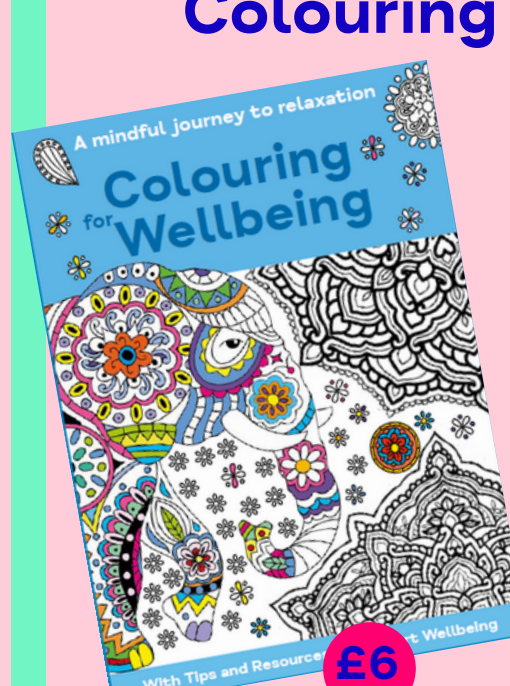
We partner with local organisations who value wellbeing in the workplace and would like to support mental health in their community. If you'd like to help change lives in BaNES, we would love to hear from you.

- Corporate challenges and activities.
- Corporate volunteering and pro bono opportunities.
- Hosting events in aid of Bath Mind.
- Positive brand association.

Please contact our fundraising team or visit our website for further details.

[Fundraising@bathmind.org.uk](mailto:Fundraising@bathmind.org.uk)  
[www.bathmind.org.uk/support-us/](http://www.bathmind.org.uk/support-us/)

## Colouring for Wellbeing



Treat your teams or gift your clients a copy of our wellbeing colouring book. 32 pages full of tips and wellbeing support and fabulous illustrations to colour.

All proceeds from sales support Bath Mind's services.

To order: Visit [www.bathmind.org.uk/shop/](http://www.bathmind.org.uk/shop/)

For orders of over 50 copies, please contact us for bulk discount: [fundraising@bathmind.org.uk](mailto:fundraising@bathmind.org.uk)



Bath Mind's workplace training has passed a rigorous audit achieving national Mind's Quality Assurance Framework 'Enhanced' provider status, recognising our commitment to delivering high quality mental health training.

We pride ourselves on providing high quality, competitively priced services.

Please contact us for a free initial consultation and quotation:

[training@bathmind.org.uk](mailto:training@bathmind.org.uk)

Visit our website for full details of all courses, talks and workshops

[www.bathmind.org.uk/training/](http://www.bathmind.org.uk/training/)

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**Valued employees are more productive stay with organisations longer and deliver better outcomes**