



Mental Health First Aid Training



“Supporting mental health in the workplace is not just a corporate responsibility ; staff who have positive mental health are more productive, and businesses who promote a progressive approach to mental health can see a significant impact on business performance. So it's about good business too.”

*Dr Justin Varney National Lead for
Adult Health and Wellbeing
Public Health England*

Here at Be Empowered our training and consultancy is here to help you manage wellbeing proactively and minimise the impact of mental ill health on work and life.

Mental Health First Aid (MHFA) training courses teach people to spot the signs and symptoms of mental health issues, offer initial help and guide a person towards support. We don't teach people to be therapists, but we do teach people to listen, reassure and respond, even in a crisis, and further potentially stopping a crisis from happening.

We have training options to suit a range of timescales and budgets, from basic mental health awareness sessions to a full Mental Health First Aider qualification.

They are all designed to benefit employees, line managers, HR professionals, OH workers and senior leaders alike - to let all your people meet the challenges of the workplace head on.

Did you know you can...

Retain skills by reducing staff turn-over...

Almost a third (31%) of staff said they would consider leaving their current role within the next 12 months if stress levels in their organisation did not improve.

Reduce 'presenteeism'...

The annual cost of mental health-related presenteeism (people coming to work and underperforming due to ill health) is £15.1 billion or £605 per employee in the UK.

Ensure compliance with legislation by understanding the law...

If a mental health issue has adverse effects on someone's ability to perform day-to-day tasks, this is considered a disability protected under the Equality Act 2010. Employers have a duty not to discriminate and to make reasonable adjustments in the workplace.

Cut sickness absence...

Mental health issues such as stress, depression or anxiety account for almost 70 million days off sick per year, the most of any health condition, costing the UK economy between £70-£100 billion per year.

Demonstrate a commitment to corporate social responsibility...

Work related mental ill health costs UK employers up to £26 billion every year through lost working days, staff turnover and lower productivity. However many business leaders still admit to prejudice against people with mental health issues.

Ensure a healthier workplace...

On average, employees take 7 days off work a year for health reasons and it is estimated that mental health issues account for 40% of this figure. Yet up to 90% feel unable to be honest about this being the reason for their absence.

The Workplace W's

Who?

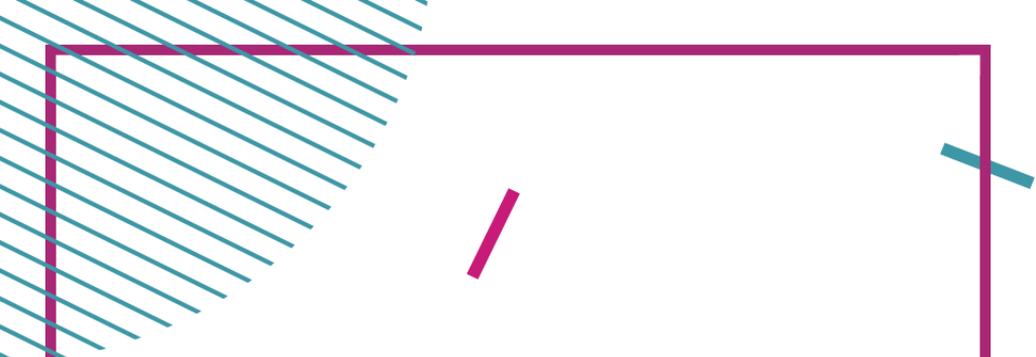
How many people you decide to train is entirely up to you. We recommend that at least 1 in 10 employees are MHFA's in the workplace and that the whole team attend Mental Health Awareness training (half-day and full day options).

What?

The full Mental Health First Aider qualification is a 2 day course. Learning takes place through a mix of group activities, presentations and discussions.

Where?

We deliver the course in-house or at a suitable venue near to your place of work.



The MHFA course is evidence based - written by experts, grounded in research and tested by people with lived experience of mental ill health. Research and evaluation shows that MHFA courses make a lasting difference in people's knowledge and confidence around mental health.

“A healthy workplace is one where employees and managers work together to protect and promote their health, safety and wellbeing and the sustainability of the business.”

World Health Organisation

The Course Itself

THE FULL MENTAL HEALTH FIRST AIDER QUALIFICATION IS A 2 DAY COURSE. LEARNING TAKES PLACE THROUGH A MIX OF GROUP ACTIVITIES, PRESENTATIONS AND DISCUSSIONS.

WHAT EMPLOYEES WILL LEARN:

A deeper understanding of mental health and the factors that can affect people's wellbeing, including their own.

Practical skills to spot the triggers and signs of mental health issues.

Confidence to step in, reassure and support a person in distress.

Enhanced interpersonal skills such as non-judgemental listening.

Knowledge to help someone recover their health by guiding them to appropriate support.

UPON COMPLETION OF THE COURSE, EMPLOYEES WILL BE QUALIFIED MENTAL HEALTH FIRST AIDERS, CERTIFIED AND ACCREDITED BY MHFA ENGLAND (THE ONLY LICENSED COMPANY IN ENGLAND).

Our trainers are qualified via MHFA England – Accredited by the Royal Society for Public Health.

What others are saying about us...

"Tracey is a delightful trainer!
She has incredible knowledge and delivers
in a calm and relaxed way; her passion and
understanding shines through, and I cannot
recommend this wonderful woman
enough. Her joy at sharing what she does
with others is clearly inspiring."

Kelly Nicoll
CMIOSH Health And Safety Coach
Hawk-Eye Innovations Ltd

Contact us for more information

Call us



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Connect with us



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@beempowereduk

be
empowered.

The logo features the letters 'be' in a stylized, lowercase font. The 'b' is pink, the 'e' is teal, and there is a small teal heart shape at the bottom right of the 'e'. Below 'be' is the word 'empowered.' in a smaller, lowercase, sans-serif font.