

## Mental Health First Aid Training

Are you looking to gain knowledge in how to effectively overcome any mental health difficulties you, or others, may face?

Do you want to make sure that your workplace is equipped to deal with all kinds of health emergencies?

Would you just like to find out more about mental illness and how you can best support yourself and those around you?



Shawmind is proud to announce that we are able to provide a range of mental health and wellbeing training, as well as accredited Mental Health First Aid training. Our courses can be provided face to face, or online, so they can be accessed anywhere across the UK, giving you the confidence and knowledge on how to deal with mental health emergencies wherever you are.



## 2 Day **Mental Health First Aid (MHFA) Course**

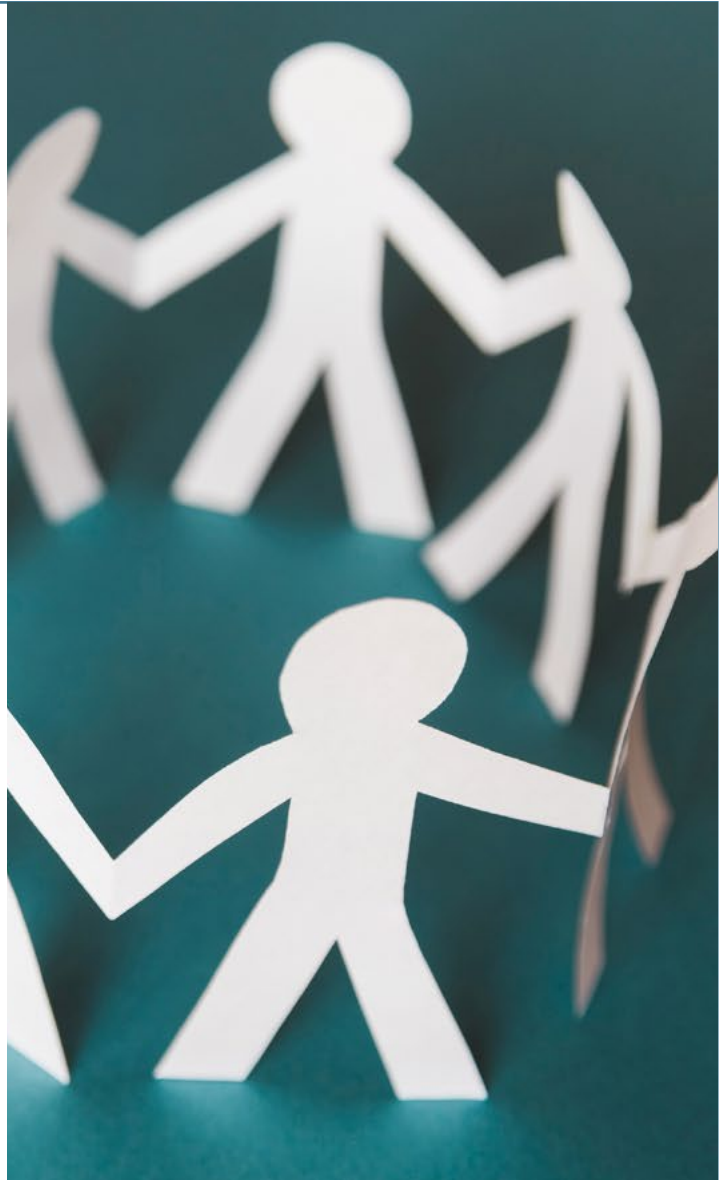


**MHFA England**

**Our 2-day mental health first aid course is accredited, and delegates will receive a certificate upon completion.**

**This course provides you with:**

- An extensive understanding of mental health and things that can affect someone's mental wellbeing
- Techniques and skills that enable you to identify the signs of various of mental health issues
- Confidence to reassure and support someone who is in distress
- Skills to help improve your own listening abilities – e.g. non-judgemental listening
- Knowledge to sign post individuals to support and resources, e.g. helplines, GP, written information
- The knowledge and understanding of how to keep yourself safe in your role as MHFA
- A certificate of completion and MHFA Qualified status



## 1 Day Online **MHFA Refresher Course**



**Our refresher course is perfect for those who have already completed their MHFA training and are looking to update their knowledge and keep in line with ever-changing scope, skills and techniques used.**

**This course covers:**

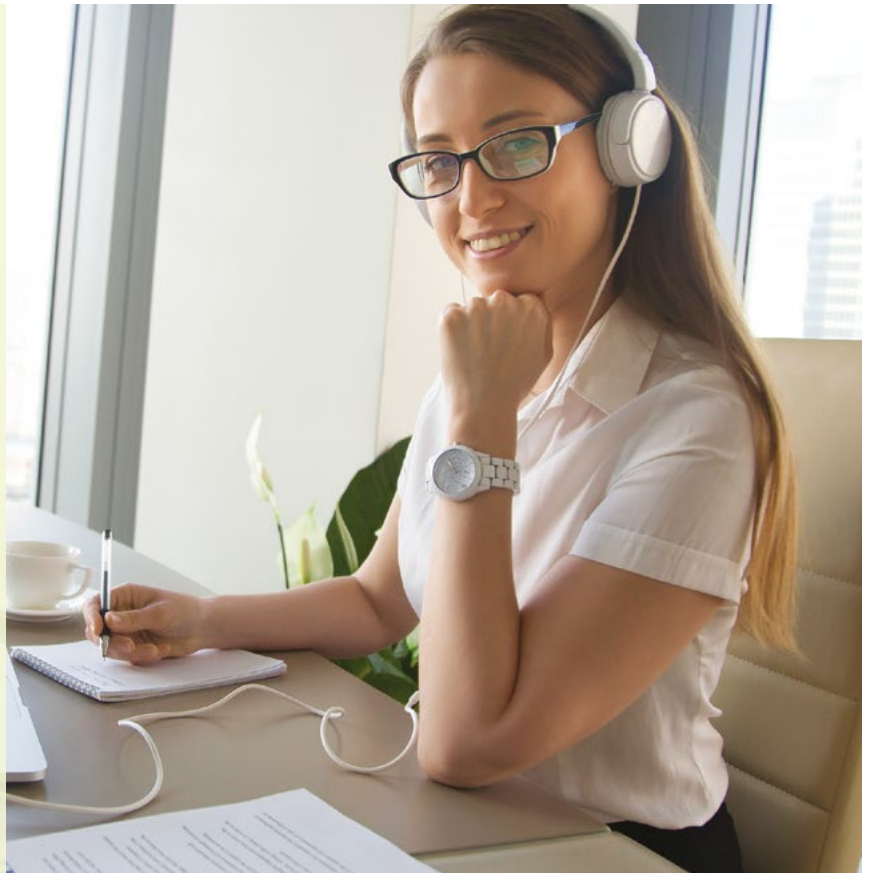
- An update on your knowledge of mental health
- Checking your awareness of mental illness
- What current support are resources are available

# 1 Day **MHFA Champion Course**

This course covers the basics of MHFA, plus other areas of mental health awareness training. This alone will not qualify you as MHFA trained, but will give you a good level of knowledge and understanding of how to approach mental illness in the workplace.

**This course covers:**

- MHFA basics
- Mental health and stress in the workplace
- Depression, anxiety and other mental illnesses
- Suicide
- Recovery from mental illness



## Half Day **MHFA Awareness Course**

Our half day awareness course is ideal for those in Senior Executive / Team Manager positions. It covers a range of mental illnesses and how to support your staff within the workplace.

**This course will cover:**

- What influences mental health
- A range of mental illnesses including; depression, anxiety, eating disorders and more
- Suicide
- Recovery from mental illness
- Challenging stigma
- Language and conversations
- Supporting your staff within the workplace



## 1 Hour MHFA Basics Overview

We also offer a 1-hour course for MHFA. This covers the basics on how to spot signs and symptoms of mental illness, how to offer support and provides basic awareness of mental illness.

This course is not accredited and will not offer MHFA status.



## 1 Hour Mindfulness / Meditation



Mindfulness and meditation have been proven to help people relax, stay focused and, in turn, boost productivity. These sessions are ideal for a lunch hour, or even before or after a working day.

**This course allows you to:**

- Learn about the power of mindfulness
- Take part in a meditation practice session
- Take part in a mindfulness practice session
- Leave with helpful tips to relax the mind

The Shawmind team are available to offer support and guidance to individuals and schools on a range of mental health support provisions. Visit [www.shawmind.org](http://www.shawmind.org) for more information about the courses, or follow the charity on Facebook, Twitter, Instagram or LinkedIn.



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We are a registered charity in England (1167947), and a registered charitable company (09921207) in the UK.