



Mental Health training

1 in 4 British workers are affected by conditions like anxiety, depression and stress every year and mental ill-health is the leading cause of sickness absence in the UK, costing an average of £1,035 per employee per year. Equipping businesses to support employees' mental health and wellbeing can help increase staff wellbeing, job satisfaction and motivation. This in turn can lead to a reduction in turnover and recruitment costs, as well as increased productivity and profit.

Here is a brief overview of the training Oxfordshire Mind plan to deliver from Summer 2019. Each of the training sessions covers:

- the 5 ways to wellbeing;
- early warning signs to look out for to help identify whether someone might be experiencing a mental health issue; and
- an overview of Oxfordshire Mind's services.

We can also provide bespoke training courses to support your organisation's specific needs.

As a charity we don't receive funding to deliver these training courses so we do have to charge for the training we offer. Discounted rates are available for Charities, please contact us for information. Costs quoted are based on training being provided at the clients' premises or premises booked by the client.

For further information please contact:

trainingenquiries@oxfordshiremind.org.uk; or

01865 263758

Introduction to Mental Health (half day - £500)

This training offers an introduction to what mental health means, enables attendees to explore different diagnoses, and learn how to support someone who is experiencing mental health concerns or showing some signs and symptoms which might be associated with mental ill-health. This training also includes an introduction to Oxfordshire Mind's services along with external services that can offer support and information around mental health. We also cover the 5 ways to wellbeing, self-care, and the importance of looking after yourself. Please note that this training touches on the subjects of suicide and self-harm.

Introduction to Mental Health for Line Managers (half day - £500)

This training provides an introduction to what mental health means, signs and symptoms that someone might be experiencing a mental health issue, and how to support individuals. It briefly covers the law and reasonable adjustments, explores stress and ways to manage stress, looking after yourself as a Line Manager, and practical ways to encourage wellbeing in the workplace.

Mental Health First Aid (MHFA) (2 days - £2,500)

(minimum of 8 participants, maximum of 16)

This accredited two day course was created by Mental Health First Aid England and teaches participants how to identify, understand and support someone who may be experiencing a mental health issue. It covers all mental health issues and diagnoses in detail and gives detailed information on how to support someone experiencing any one of these issues. Just as all responsible workplaces have first-aiders for physical crises, it is becoming good practice for mentally healthy workplaces to train mental health first-aiders to support people with their mental health and in a mental health crisis. Mental Health First Aiders also help to promote a culture where people feel able to talk more openly about their mental health. For further information please see <https://mhfaengland.org/>

Bespoke Training

We can also provide bespoke training courses to support your organisation's specific needs. Please contact us to discuss your requirements or complete and return the training request form.

* VAT is not charged for any of our training courses.