



Mental Health Awareness Training

Mental Health Awareness is a half-day course which covers the essentials of mental health awareness.

The course is ideal for line managers and staff who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of mental health problems and understand resources for help and support.

Overview of course:

- Raises awareness of mental health and how it can vary.
- Outlines different mental health problems.
- Practical tips for supporting people.
- Explores how mental health and wellbeing interact with our daily lives.
- Highlights stigma and discrimination, and how to tackle them.
- Tips on how to have supportive conversations about mental health.
- Provides sources of support and information.

Meet our trainers:



Ann and Tanya—our qualified Wiltshire Mind trainers

Course duration: 4 hours

Delivered at your premises

Includes a certificate to say you are Mental Health Aware

Cost: £500 for up to 10 people

For more details email
training@wiltshiremind.co.uk

We offer an initial planning discussion to explore any specific requirements for your organisation. Sessions can be tailored, for example:

- ⇒ For line managers, to include information and tools to support people in the workplace and outline managerial roles in building positive and supportive cultures at work.
- ⇒ For staff in public facing roles, to explore mental health and customer support, and improve confidence in how best to respond to and support your customers.
- ⇒ A focus on mental health and how to support someone, including how to look after ourselves when supporting others

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A Case Study

“With the ongoing crisis of poor mental health in the construction industry, the company is taking steps to ensure that our team are well prepared in spotting signs and how to best support everyone we come into contact with. With this in mind, we reached out to local charity Wiltshire Mind to provide training for the management team. Tanya and Ann came to our office for a half day training session.

They were incredibly knowledgeable, and provided an engaging, two way discussion where we were able to have an interactive debate. The pair highlighted particular areas in the business that we should pay attention to, and our team came out feeling much more confident in how to handle certain situations and to be comfortable with asking direct questions.

We would recommend the training to all local businesses and will be looking to expand on this training in the future”

Stuart Morgan—Managing Director

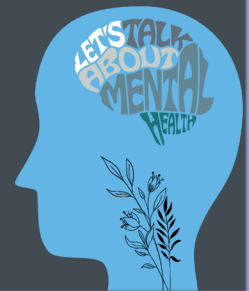


After successful delivery of the Mental Health Awareness training, Ashford Homes announced in the press that they had chosen Wiltshire Mind as their Charity of the Year.

Ashford Homes

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Wiltshire



Your local mental health charity

Email: training@wiltshiremind.co.uk