



Mental Health Training



Mental Health is our day job; we empower businesses, organisations and individuals with high-quality training to thrive in their local communities.

We change minds.

We support minds.

We connect minds.

We at Derbyshire Mind believe everyone deserves better mental health. Since 1967, supporting mental wellbeing has been our mission, delivering high-quality services to help people thrive. As an independent charity, part of a federation of approximately 100 “local and independent Minds”, Derbyshire Mind provides free, person-centred support for the people of Derby and Derbyshire, helping them access the care and support they need to live their best life.

1 in 4 of us struggles with mental well-being each year. Poor mental health costs UK employers £45 billion annually, with 17 million working days lost to stress, depression, and anxiety. However, for every £1 invested in mental health, the UK economy sees a £5 return, highlighting the value of prioritising mental wellbeing.



Why choose us?

Expertise	With our Partners we deliver training to over 5,000 people each year.
Co-production	We will deliver to your organisation's specific needs.
Lived experience	We combine an evidence-based approach with our trainers' lived experience to deliver excellence.
Investing in your community	The income we generate from training is re-invested in free-to-access support in our community.

Our work in words



Thank you for delivering MHFA; these courses are so important; it makes a difference when you have a great facilitator.

Public Health Commissioner

Great course on suicide prevention. Really informative, I wish this course was mandatory for all staff members.

Pastoral Lead, Schools

Fantastic Facilitator, with really engaging content and an upbeat, energetic session.

Head of People

The style, approach and personal experience really bring the content to life, we are so grateful.

Energy Specialist

A great presentation to our vice presidents which resonated with the culture we are working towards.

Head of Corporate Payments

The training was engaging and impactful. It is an amazing partnership.

National Logistics Director



Contents

Mental Health First Aid	6–8
Suicide First Aid	9–10
Suicide prevention for education	10
Managing stress	11
Trauma-informed awareness	11
MoodMaster	12
Anxiety and worry	12
Mini modules	13
Keynote speaking	13
Bespoke training	14

1 Mental Health First Aider®

Mental Health First Aid (MHFA) is a globally recognised training programme designed to equip individuals with the skills to identify signs and symptoms of mental ill-health and provide initial support on a first aid basis.

This course will teach you:

- A deeper understanding of mental health and the factors that can affect wellbeing, including your own
- Practical skills to recognise the triggers and signs of mental health issues
- Confidence to offer reassurance and support to someone in distress
- Enhanced interpersonal skills, such as active and non-judgemental listening
- Knowledge to help someone recover by guiding them to appropriate support

Length	2 x 8-hour days or 4 x 4-hour days
Numbers	Up to 16
Delivery	Face-to-face or online



2 MHFAider® refresher

We believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date.

This course enables those who have previously completed MHFA training to:

- Keep their knowledge, awareness, and skills of mental health support current
- Update their knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

Length	4 hours
Numbers	Up to 25
Delivery	Face-to-face or online



3 Mental health skills for managers

Empower managers to put wellbeing at the heart of their leadership approach with our practical and immersive course.

Managers will learn to:

- Identify if an employee may be experiencing mental health issues
- Feel confident having open conversations about mental health with their team
- Appropriately signpost to available support and know where to go for support and guidance for themselves
- Role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing

Length	4 hours
Numbers	Up to 16
Delivery	Face-to-face or online



4 MHFA Champions

Champions are key advocates for promoting mental health awareness both within and beyond the workplace. This course is ideal for those who wish to build on their knowledge and take a more active role in supporting mental health initiatives.

This one-day course qualifies you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- The ability to spot signs of mental ill-health and support someone in distress
- Skills to support positive wellbeing

Length	8 hours
Numbers	Up to 16
Delivery	Face-to-face or online



5 MHFA awareness

An introductory course covering key topics such as understanding mental health, managing stress, recognising signs of distress, and supporting workplace wellbeing. It enables attendees to tackle stigma and hold supportive conversations.

This course will teach you:

- What mental health is and how we challenge stigma
- Basic knowledge of some common mental health issues
- An introduction to looking after your mental health and maintaining wellbeing

Length	4 hours
Numbers	Up to 25
Delivery	Face-to-face or online



MHFA England



6 Suicide First Aid®

This in-depth one-day course teaches the necessary skills and knowledge to recognise individuals showing signs of suicidal ideation. Through interactive learning and practical exercises, attendees will learn how to competently intervene and implement suicide-safety measures as a form of first aid intervention.

- Learn full suicide intervention – approaches, processes and desired outcomes
- Explore different roles for different people when managing suicide interventions
- Improve alertness of risk factors and barriers to seeking help
- Discuss the prevalence of suicidal thoughts/behaviours and community dynamics
- Understand the importance of self-reflection and personal impact when dealing with suicide topics both professionally and personally

Length	8 hours
Numbers	Up to 16
Delivery	Face-to-face or online



7 Suicide First Aid® Lite

This convenient half-day course will equip people to spot, understand and respond effectively to signs of suicide intentions. It explores the potential causes of thoughts of suicide ideas and provides tools and knowledge to help someone with suicidal thoughts stay safe.

- Explore the theory and practice of suicide prevention skills
- Gain the appropriate tools to respond to those in suicide crisis
- Can be applied in any professional or personal setting
- Endorsed by the UK 'Skills for Health' framework

Length	4 hours
Numbers	Up to 16
Delivery	Face-to-face or online



8 Suicide prevention for education

Empower managers to put wellbeing at the heart of their leadership approach with our practical and immersive course.

Managers will learn to:

- Identify if an employee may be experiencing mental health issues
- Feel confident having open conversations about mental health with their team
- Appropriately signpost to available support and know where to go for support and guidance for themselves
- Role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing

Length	8 hours
Numbers	Up to 12
Delivery	Face-to-face or online



Endorsed by

Department
of Health &
Social Care

9 Managing stress

One in five UK workers report being unable to manage workplace stress and pressure. This training aims to equip people with strategies to manage and overcome distress.

This short courses covers:

- How stress affects the brain
- The effects of long-term stress
- How to feel more in control

Length	1 hour
Numbers	Up to 16
Delivery	Face-to-face or online

10 Trauma-informed awareness

Trauma-informed awareness refers to an approach that recognises and responds to the impact of trauma on individuals.

Attendees will understand:

- What trauma is
- Responses to trauma
- Why do we need to be trauma-informed and what are the benefits
- Strategies for a trauma-informed approach

Length	3 hours
Numbers	Up to 16
Delivery	Face-to-face or online



These workshops are for anyone living with low mental wellbeing or mental ill health who would like to get a greater insight and strategies into managing their mental health more effectively.

This twelve-week course will help attendees:

- Understand why we feel the way we do
- Improve mental wellbeing and self-insight
- Reduce emotional reactivity
- Build a toolkit for managing their mental wellbeing
- Gain peer support
- Reduce social isolation

Length	12 1-hour sessions over 12 weeks
Numbers	Up to 12
Delivery	Face-to-face or online

A legacy of the pandemic has been heightened levels of anxiety in our population. The ONS reports an increase from 11% in 2019 to 26% in 2023 of struggling with anxiety.

This course helps delegates understand:

- What anxiety is and situations and risk factors that drive anxiety and worry
- Self-help and tools for anxiety and worry
- How to have a conversation with someone who is struggling
- Signposting to professional and other supports
- Discussion with a case study

Length	2 hours
Numbers	Up to 16
Delivery	Face-to-face or online

13 Mini modules

A bite-size presentation during a lunch break or time to suit. Topics include:

- Keeping mentally fit
- Time to shine – creating a brilliant life
- Self-care
- The menopause and mental health
- The power of peer support
- Anger
- Grief and loss
- The recovery journey
- Gratitude

Length	4 hours
Numbers	Up to 16
Delivery	Face-to-face or online

14 Keynote speaking

Let's stimulate, inspire, and reach out. Our masterclasses bring fresh, new perspectives to common business problems and positively impact the team.

Our keynote speakers are champions for better mental health and work to deliver training solutions and keynote speeches. We speak candidly about our own experiences, highlighting stigma, diagnosis, mental health crises and building mental resilience.

Length	As required
Numbers	Unlimited
Delivery	Face-to-face or online

15 Bespoke training and support

We are all individuals, different organisations, and businesses. At Coventry, Warwickshire and Worcestershire Mind, our culture is about offering person-centred support, and our approach to training is no different.

Speak to us about your challenges and what you would like support with, and we will make a proposal based on your specific needs.

- Mental health in the workplace – the facts
- Why worry about mental wellbeing?
- What are the returns on investing in wellbeing?
- What is a mentally healthy culture?

How can we partner with you on this journey?



Help us to help our whole Community

**We're here for you; Your family. Your friends. Your colleagues.
Your neighbours. Your Community.**

**We seek to promote good mental health and wellbeing by
empowering individuals to thrive in our local community.**

You can help us do this.



Find out more about our Services

Scan here to find out more about our services, training, partnerships, volunteering and mental health support.



Make a difference, donate here

You can support our activities in our local community and make a difference. Scan here to find out more.

Get in touch here!

Call 01332 623732
Email training@derbyshiremind.org.uk
Visit www.derbyshiremind.org.uk



In partnership with



Derbyshire Mind, Derby West Business Centre, Ashbourne Road,
Mackworth, Derby DE22 4NB -
Telephone: 01332 623732
training@derbyshiremind.org.uk

Company limited by guarantee. Company registration number 294231.
Charity registration number 1041116