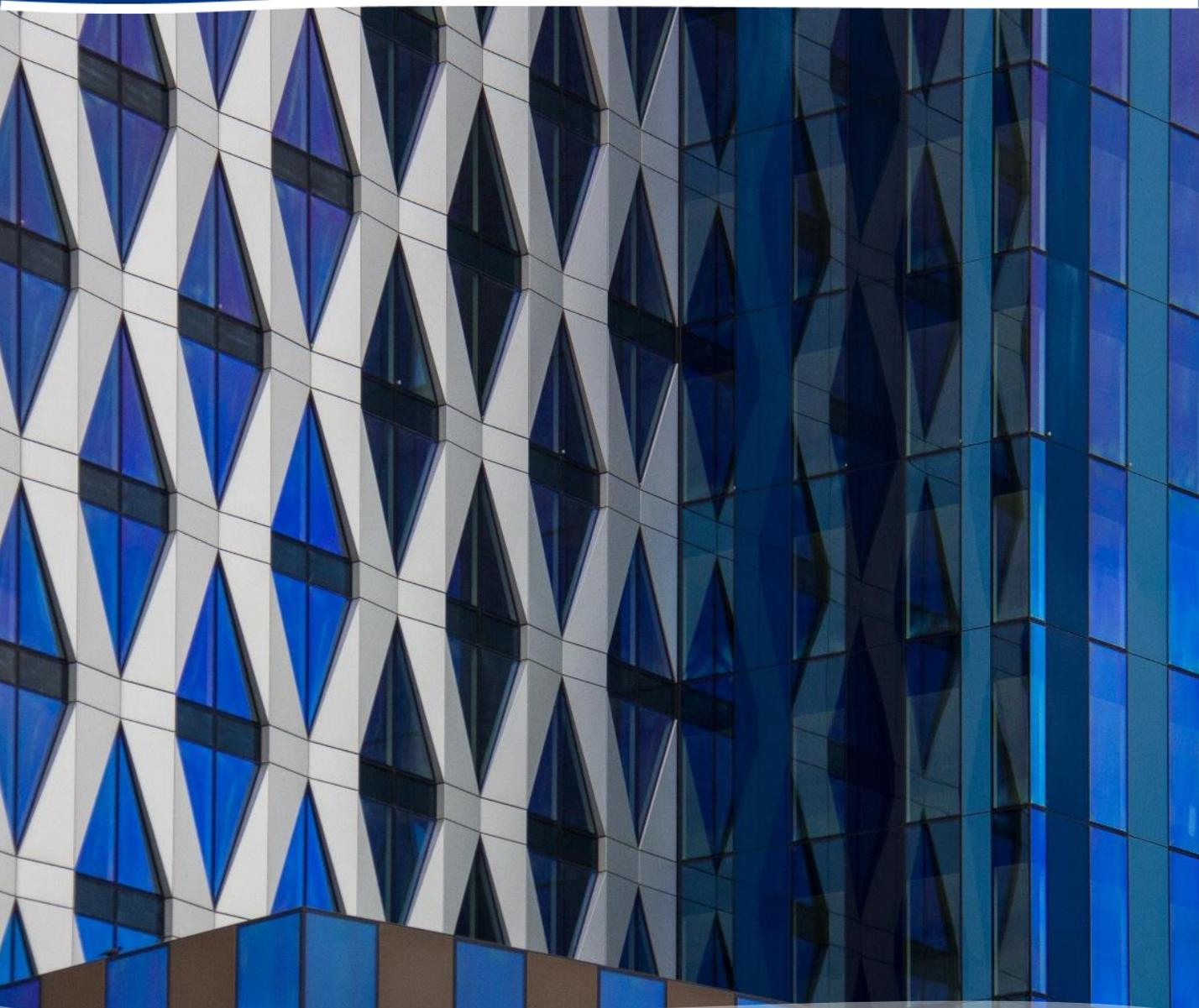
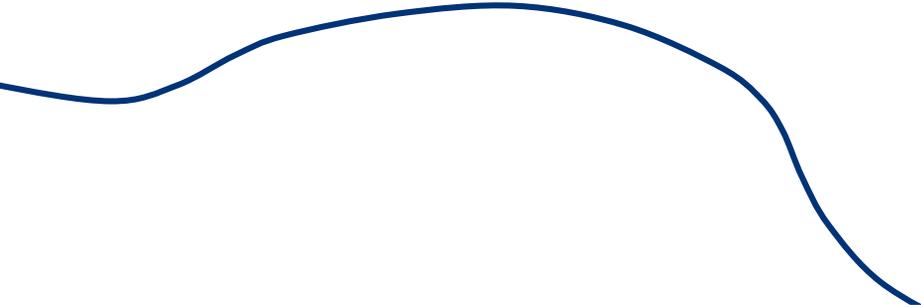


# Workplace Training with Mind in Salford





Mind in Salford is an independent, user focused charity providing vital services to make a positive difference to the wellbeing and mental health of local people.

We represent the voice of Salford in campaigning to dispel stigma and influence political, social and cultural change around mental health.

Above all, we put individuals first and are deeply committed to helping people struggling with their mental health get both support and respect.



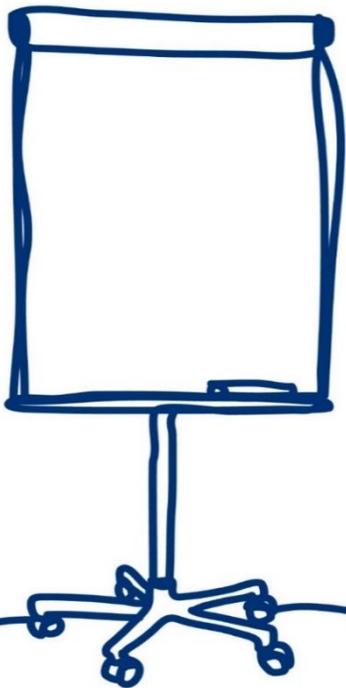
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# Training with Mind in Salford

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We offer affordable and comprehensive training delivered by experienced practitioners, as well as bespoke training packages.



Our mental health training sessions are **comprehensive, interactive, and research/evidence-based**. They are delivered by experienced professionals currently working in the mental health field.

The training sessions offer opportunities to put learning into practice and resource packs are supplied for participants.

This brochure provides an overview of what training is available from Mind in Salford, and how it can help you improve your mental health knowledge, support others and enhance performance at work.



## Did you know?

Every year there are a number of key awareness dates that take place across the UK. These provide a great chance to start the conversation about mental health, tackling stigma and discrimination.

# How does mental health affect your workplace?

It is estimated that poor mental health in the UK costs employers over

**£33bn**  
Per year



Workers have a mental health problem



70 million working days are lost due to mental ill-health

# Mental Health First Aid

## What is MHFA?

- ✓ Evidence-based, internationally recognised training course
- ✓ Accredited by the Royal Society for Public Health
- ✓ In the workplace or day-to-day life, trained Mental Health First Aiders can be a first port of call for anyone in mental distress

## Who is it for?

- ✓ Individuals/groups (up to 16)
- ✓ Companies/workplaces, or anyone with an interest in mental health
- ✓ Those wanting on-site training or those wanting to attend training at our premises
- ✓ **Note:** the 2 days can be delivered consecutively or split across 1 week (e.g. a Thursday and the following Tuesday).

## Course Aims

- To learn how to spot the signs and symptoms of mental ill health
- To learn more about areas such as (but not limited to): depression, suicide, anxiety, PTSD, OCD, bipolar disorder, eating disorders, self-harm, psychosis, treatment options & recovery models.
- To learn how to signpost people to further support services

## Learner Outcomes

- Confidence to provide initial help and support to someone in mental distress
- Further understanding of common mental health conditions
- Practical skills and knowledge on how to signpost individuals to access professional treatment and support for their recovery



MHFA England

## What our learners say

**“Expertly delivered, fascinating course. Extremely relevant, useful content and techniques to help others in distress.”**

# Course Variations:

## Adult/Youth/Higher Education

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Here at Mind in Salford we offer **adult, youth and higher education** versions of Mental Health First Aid:

### Adult (2 day/1 day/Refresher courses)

- ✓ Suitable for everyone looking to support other adults, whether in a personal or workplace capacity
- ✓ Provides an in-depth understanding of mental health & factors that can affect wellbeing, as well as practical skills
- ✓ Gives you the confidence to step in, reassure & support a person in distress, developing enhanced interpersonal skills such as non-judgemental listening

### Youth (2 day/1 day)

- ✓ Suitable for everyone who works with, lives with or supports young people aged 8-18
- ✓ Will provide you with the skills & confidence to spot signs of mental health issues in a young person
- ✓ Teach you how to offer first aid & guide young people towards the support they need, even in crisis

### Higher Education (1 Day only)

- ✓ Suitable for everyone who works/studies in a university environment
- ✓ Will teach you to listen, reassure & respond, even in a crisis
- ✓ Provide you with information & skills to look after your own mental health, promote positive wellbeing & raise awareness in others
- ✓ Hopes to empower you to create a mentally healthy, supportive environment in your university

# Thriving at Work: Managing mental health in the workplace

## Who is it for?

- ✓ Employers and employees wanting to learn more about mental health
- ✓ Individuals or groups of up to 20 (or 12 if hosted at our facilities)

## Course Aims

- To dispel stigma and get the mental health conversation started in the workplace
- To provide an overview of mental health awareness
- To increase understanding of best practice approaches to managing mental health in the workplace
- To teach participants employer responsibilities and employee rights on mental health

## Learner Outcomes

- An understanding of common mental health issues, treatment options, and how to access professional help and support
- Improved communication skills for supporting Employees / Team Members experiencing or recovering from mental ill-health.
- Understanding of how to respond to and support someone experiencing mental distress

## What our learners say

**“The session was thought-provoking about how I am and how my colleagues are and what can be done to support people in the workplace.”**



# Half Day/Full Day Mental Health Awareness

## Who is it for?

- ✓ Larger groups of up to 20
- ✓ Companies/workplaces
- ✓ Those wanting training delivered on-site

## Course Aims

- Provide practical guidance on getting the mental health conversation started in the workplace
- Tackle the stigma that surrounds mental health
- Provide an overview of mental health conditions, symptoms, diagnosis, and treatments

## Learner Outcomes

- An understanding of relevant approaches to help support someone who presents with mental distress
- An understanding of the signs, symptoms and stress of mental health in the workplace
- An understanding of the importance of wellbeing – including taking care of your own mental health

## What our learners say

**“Concise,  
informative  
and engaging.”**



# Suicide Awareness

## Who is it for?

- ✓ Larger groups of up to 30
- ✓ Companies/workplaces or individuals (age 15+)
- ✓ Those wanting training delivered on or off-site
- ✓ People interested in shorter sessions (2 hours)

## Course Aims

- Explore the issue of suicide and attitudes towards it
- To teach participants how they can find ways to prevent it in their communities

## Learner Outcomes

- Understanding of how personal and community beliefs about suicide affect suicide stigma and safety
- Appreciation of how talking openly about suicide can help prevent it
- Confidence to contribute to suicide safety by protecting, preserving, and promoting life in their communities

## What our learners say

**“Incredibly interesting and eye-opening.”**



# safeTALK

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## Who is it for?

- ✓ Larger groups of up to 30
- ✓ Companies/workplaces or individuals (age 15+)
- ✓ Those wanting training delivered on or off-site
- ✓ People seeking shorter sessions (4 hours)

## Course Aims

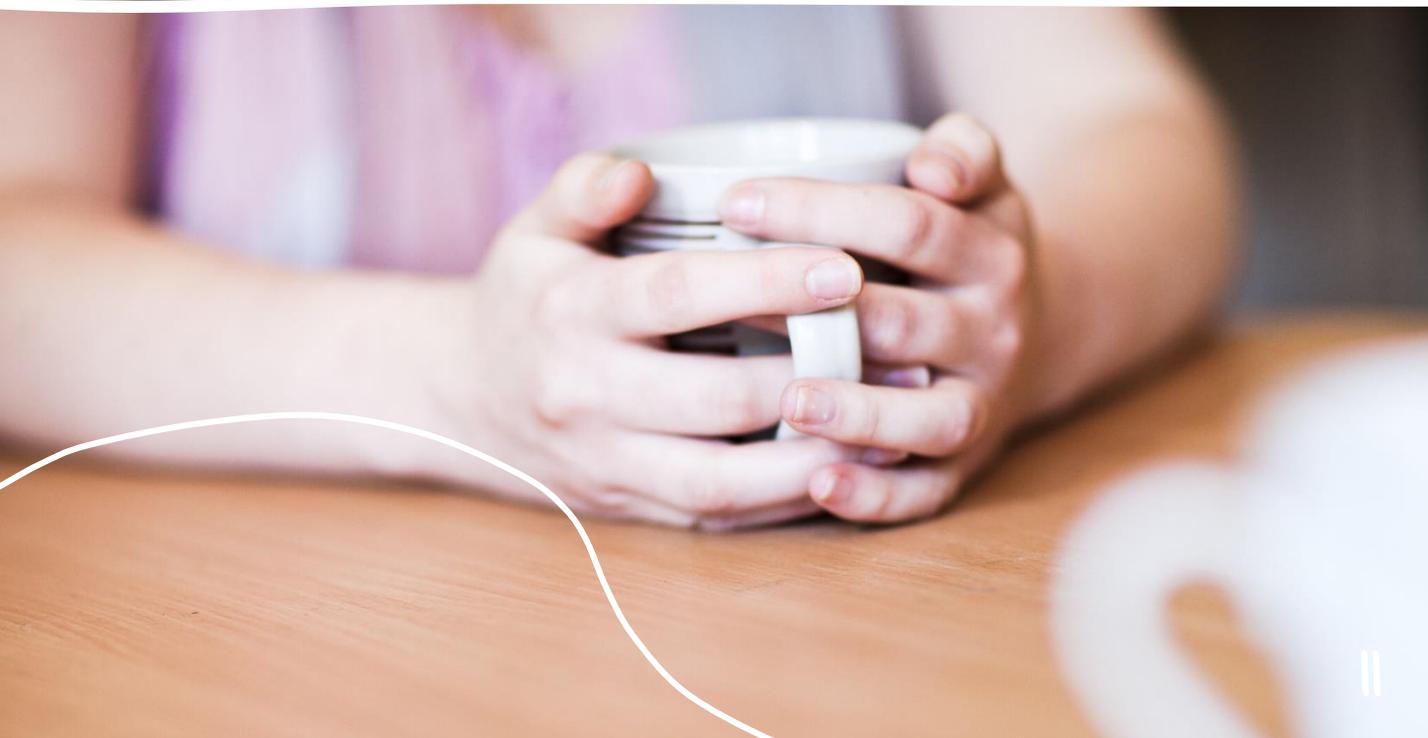
- Prepares participants to recognise suicide invitations for help and connect a person with thoughts of suicide to intervention resources
- To illustrate the importance of suicide alertness

## Learner Outcomes

- Ability to move beyond common tendencies to miss, dismiss or avoid suicide
- Recognise people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to a suicide first aid intervention caregiver

## What our learners say

**“Really interesting and great for raising awareness”**





## 2 Day Applied Suicide Intervention Skills Training (ASIST)

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### Who is it for?

- ✓ Larger groups of up to 30
- ✓ Companies/workplaces or anyone interested in learning further suicide intervention skills (age 16+)
- ✓ Those wanting training delivered on or off-site

### Course Aims

- An award winning two day course that prepares participants to provide list-assisting suicide interventions using the Pathway for Assisting Life (PAL) model
- To provide long term benefits to communities and help support those with thoughts of suicide feel less suicidal and more hopeful

### Learner Outcomes

- Ability to identify people who have thoughts of suicide
- Understanding of how beliefs and attitudes can affect suicide interventions
- Ability to listen to the story of a person with thoughts of suicide and recognise turning points that connect that person to life
- Ability to conduct a safety assessment, develop a safeplan, and confirm safety actions

### What our learners say

**“The mixture of group activities, videos and presentation definitely helped my understanding”**



# 1 Day Suicide First Aid Training (City & Guilds Accredited Course)

## Who is it for?

- ✓ Individuals/groups (up to 16)
- ✓ Companies/workplaces
- ✓ Those wanting training delivered on or off-site

## Course Aims

- This course teaches the theory and practice of suicide intervention skills, that can be applied in any professional or personal setting
- Accredited by City and Guilds of London, this course aims to increase understanding and confidence to intervene with people at risk of suicide.

## Learner Outcomes

- An understanding of suicidal behaviour and the magnitude of the issue.
- Understand the role of the carer in managing suicide interventions
- Understand approaches and process of suicide intervention including desired outcomes
- Understand the importance of self-reflection and personal impact when working with suicide and people at risk

## What our learners say

**“Well structured sessions with lots of opportunities for inclusion.”**



## Mindfulness Taster Sessions (1 hour/Half Day)

### What do we offer?

- ✓ Mindfulness Based Stress Reduction programme
- ✓ Mindfulness taster sessions
- ✓ Mindfulness Practitioner Training Programme

Mind in Salford has been running a Mindfulness Based Stress Reduction programme since 2011, with very positive results.

After attending the **Mindfulness 8 week courses** people have experienced dramatic reductions in their stress levels, better sleeping patterns, reduced anxiety and improved mood.

We also provide mindfulness tasters and training in workplace settings and a 12 month supervised Mindfulness Practitioner Training Programme (PTP).

### What our learners say

**“Excellent, a must for anyone wanting a less stressful, more balanced fulfilling life.”**

**“A very friendly, relaxing non-judgemental space. Teachers so welcoming and warm. A great experience.”**

# Resilience Lunch 'n' Learn

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## Who is it for?

- ✓ Individuals or groups of up to 20
- ✓ Those wanting more informal training
- ✓ Participants looking for shorter sessions

## What our learners say

**“This was a great course! Super informative, and provided great ways to improve small things for positivity in my day to day.”**

## Course Overview

Positive, informal Sessions up to 1 hour that teach practical exercises & techniques that support participants to:

- improve resilience
- reduce stress and anxiety
- create better sleeping patterns
- improve mood

These sessions offer ongoing support for staff and highlight the importance of mental health and wellbeing, as well as self care and compassion.

Each participant will get a handout with exercise they can do and apply to future working/personal stressful life situations.



# Refresher & Bespoke Courses

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## Refresher Courses

### Who is it for?

- ✓ People who have previously undertaken training such as Mental Health First Aid and would like to update their knowledge and skills with latest practice
- ✓ Generally people who have completed a course at least 2-3 years ago, although these sessions can be provided to anyone who has previously completed a course at any point in time

### Learner Outcomes

- An up to date understanding of course materials and skills for the designated course
- Increased participant confidence in knowledge, understanding, and ability to apply skills learned on the course to their day to day lives as relevant in environments such as the workplace



### Bespoke Courses

In addition to our list of courses, our training team can work alongside you to develop a course to fill your organisation's requirements.

# Mind in Salford

## Corporate Partnership Offer

### Brand Trust & Social Responsibility

We are a recognized & influential voice in both Salford & Greater Manchester. Being associated with our established & trusted brand has great reputation benefits & enhances corporate social responsibility.

### Workplace Wellbeing

We can help identify opportunities to enhance employee mental health & wellbeing. We can work alongside existing programmes & help develop them.

In the UK, mental ill health is responsible for **72 million** working days lost and costs employers **£34.9 billion** each year

### Training & Expertise

Our comprehensive mental health training courses will teach staff how to support their own wellbeing & others. We can provide strategic advice in all areas of corporate partnerships.

**9** out of **10** people who experience mental health problems say they face stigma and discrimination as a result

### Communications & PR

Our physical & digital branded materials can be shared internally & externally to raise awareness & mutually maximise publicity.

### Staff Engagement

Get involved in key awareness days, & stay in the know about regional fundraising opportunities such as races & challenges.

Contact us to discuss further on 0161 212 4880 or email [lawrence@mindinsalford.org.uk](mailto:lawrence@mindinsalford.org.uk)

# Participant testimonies

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**“Excellent course and content, great presence, good to share stories/experiences from other people, felt very safe to disclose/discuss”**

**“Well presented by a knowledgeable instructor, will be taking a lot away with me.”**

**“The tutors and their guidance have been excellent - the best course I’ve ever been on.”**

**“Simply an overall brilliant course.”**



Mind in Salford



@MindinSalford



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Mind in Salford



[www.mindinsalford.org.uk/training](http://www.mindinsalford.org.uk/training)

To book or for any other training enquiries, please contact:

Jess Stephen

Training Co-Ordinator

Phone: 0161 710 1053

Email: [jess@mindinsalford.org.uk](mailto:jess@mindinsalford.org.uk)