



Dudley Mind

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Workplace Wellbeing & Mental Health Training

Better wellbeing, better business.





What our Clients say

"As a local authority, the health and wellbeing of local people is a key priority for us. Dudley Mind worked with us to develop and deliver a number of tailored mental health awareness courses which were aligned with our existing healthy lifestyle training for frontline staff from different Council services and local partner organisations. The training was well received and has equipped delegates with not only greater awareness but increased confidence in talking to people about their mental health and wellbeing."

Sarah Kuczora
Senior Health Improvement Practitioner
Dudley Council

How can we help your organisation?

We know better wellbeing means better business, so we offer a range of cost effective mental health training and related services for employers in the West Midlands region wanting to improve employee mental health and wellbeing within their organisations.

- Consultancy advice and support
- Mental health training and workshops for managers and staff
- Online employee wellbeing surveys
- Workplace wellbeing network events

We can also develop bespoke services to meet your specific organisational needs.

Creating a culture which is positive about mental health starts with a commitment from your senior managers to increase awareness, change attitudes and challenge the stigma of mental health problems.

That's why as your local Mind mental health charity, we are here to help employers of all sizes and from all sectors to create mentally-healthier workplaces with information and advice about how to approach mental health at work.

We see our work with you very much as a partnership. In the first instance, we like to meet with you to find out more about your organisation and what you want to achieve. From there we will draw up a proposal based on your requirements.

"The course provided by Dudley Mind was an excellent introduction to mental health for our full time academy staff, and has prompted us to vastly develop our mental health provision for all players, in relation to both on and off field activities. The course was relevant to the sporting environment, and encouraged staff to debate and discuss difficult topics."

Nick Mellows
Head of Academy Medical Department
Wolverhampton Wanderers FC

"Great training! Dudley Mind delivered the MHFA Half Day Course to 50 of our staff, including our paramedics and Managers. The course content was excellent and Sarah the trainer delivered a very relevant, informative and engaging session. Having attended the course myself, I can highly recommend Dudley Mind for the Mental Health First Aid training to any employer and we will be working with them again in the future."

Maria Watson
Workforce Manager
West Midlands Ambulance Service NHS Foundation Trust

Workshops and Bespoke Training



MHFA England

Workshops

We are able to provide a number of workshops to small, medium and larger groups of people by the means of activities and discussion, providing awareness and information around mental health as well as informing people how to recognise the different signs and symptoms.

Some of the workshops we currently provide are:

- **Mental Health Awareness Sessions**
- **Employee Resilience Workshops**
- **Stress Management Workshops**
- **Mindfulness Workshops**
- **Wellbeing Workshops**

Bespoke training

As well as the above workshops and other training listed within this leaflet, we are also able to create bespoke training to meet your needs. Some of our clients have organisational specific needs and therefore require adjustments to the training we provide to better help with their employees mental wellbeing.

We have previously worked closely with Dudley Council, Higgs and Son's Solicitors, West midlands Ambulance Service, and a number of other organisations to provide mental health training to best suit their training needs.

We would be pleased to work closely with you and provide you with the best training solution possible. Please get in touch with us using the contact details on the reverse of this leaflet to discuss things further and to arrange a meeting.

Adult Mental Health First Aid

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training programme that teaches delegates how to help a person developing a mental health problem (including a substance use problem), experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance misuse. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis subsides

We use fully accredited MHFA trainers to deliver all of our courses, each of whom have several years experience of delivering to a range of different organisations, schools and colleges throughout the country.

We are able to deliver all three of the available MHFA variants

MHFA Half Day - Maximum of 25 people and a minimum of 16

The half day course is an introductory but comprehensive four hour session to raise awareness of mental health.

MHFA 1 Day - Maximum of 16 people and a minimum of 10

The one day mental health awareness and skills course qualifies you as an MHFA Champion.

MHFA 2 Day - Maximum of 16 people and a minimum of 16

The two day course qualifies you as a Mental Health First Aider.

For further information on MHFA on our courses and how to book a course with us please visit: dudleymind.org.uk/mental-health-training/mental-health-first-aid/



MHFA England

Youth Mental Health First Aid

What is Youth Mental Health First Aid?

Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

But more than that, we aim to give you the information and skills to look after your own mental health so that you can set an example for young people. By giving you the tools to have these conversations, we hope to empower you to create a mentally healthy, supportive environment in your family, school, peer group or community.

We are able to deliver all three of the available YMHFA variants

Youth MHFA Half Day – Maximum of 25 people and a minimum of 16

The half day course is an introductory but comprehensive four hour session to raise awareness of mental health.

Youth MHFA 1 Day – Maximum of 15 people and a minimum of 10

The one day mental health awareness and skills course qualifies you as an MHFA Champion.

Youth MHFA 2 Day – Maximum of 15 people and a minimum of 12

The two day course qualifies you as a Mental Health First Aider.

For further information on our Youth MHFA courses and how to book a course with us please visit: dudleymind.org.uk/mental-health-training/mental-health-first-aid/

Managing Mental Health in the Workplace

This three hour employer-focused course has been designed specifically to help line managers to:

- Understand and identify the signs of common mental health problems
- Intervene early to minimise the impact on the employee and the business
- Support employees with mental health problems more effectively

Focusing on practice not policies, the course aims to equip line managers to spot the signs and support team members experiencing poor mental health by better understanding mental health problems, improving skills and increasing confidence in having conversations around mental health.

What the course will cover:

- Introduction to mental health and common mental health problems
- Mental health – what affects staff and volunteers at work?
- Understanding the workplace triggers for stress and mental health problems
- How to support people living with mental health problems
- How to have conversations about mental health – handling disclosure and managing return to work
- Looking after your own and others' mental health

The course is also suitable for Directors, HR, Occupational Health, trade union and other staff representatives who want to increase their knowledge and awareness of mental health in the workplace.

Mental Health Awareness for Sport and Physical Activity (MHASPA)

MHASPA

Dudley Mind are able to deliver Mental Health Awareness for Sport and Physical Activity workshops to sports providers and their staff within the West Midlands area.

Who should attend Mental health awareness for sport and physical activity?

Our three-hour workshop was developed with support from sports coach UK, and is designed for coaches, sport administrators, volunteers, Samaritans and front of house staff.

What's covered?

We've listened to people living with mental health problems and people working in the sport and physical activity sectors to create a practical workshop that will help you:

- Understand common misconceptions about mental health and the impact of stigma and discrimination
- Identify the positive impact that being active has on physical and mental health
- Appreciate the barriers that stop people getting active
- Talk confidently about mental health
- Know where to signpost people to if they need support
- Identify practical actions to make your service more accessible for everyone

Details

- No prior knowledge of mental health is necessary
- Three-hour workshop
- Can be delivered in-house at the location of your choice
- Up to 20 delegates can attend

Dudley Mind are the only Local Mind in the West Midlands licenced by Mind to deliver MHASPA workshops.

Blue Light Training for Emergency Service Staff

Mental health training for the emergency services

Emergency services staff and volunteers operate in some of the most challenging workplace environments but often receive limited mental health support and face high levels of stigma.

- [Managing Mental Health in the Emergency Services](#)
- [999 Call Handler Training](#)
- [New Recruit Training](#)
- [Peer Support Training](#)

Managing Mental Health in the Emergency Services (MMHES)

This course is for anyone in the emergency services who has a line manager, team leader or pastoral role. It's tailored to the unique environments that the emergency services operate in and we can provide a version for ambulance, fire, police or search and rescue services.

999 Call Handler Training

Call handlers are increasingly expected to take on higher volumes of calls, against a backdrop of reduced staffing levels and strictly enforced targets. This can contribute to poor mental health and wellbeing, leading to high levels of staff sickness and poor retention.

Based on our research with call handlers and expert stakeholders from across the services, we developed a pilot course tailored specifically for call handlers.

New recruit training

A pilot mental health training course that's just for new recruits, and tested how well it works. New recruits that took it said they were more aware of how to take care of their mental health. They'd also be more likely to ask for help if they needed it. We are currently working on making this training available to all emergency services staff.

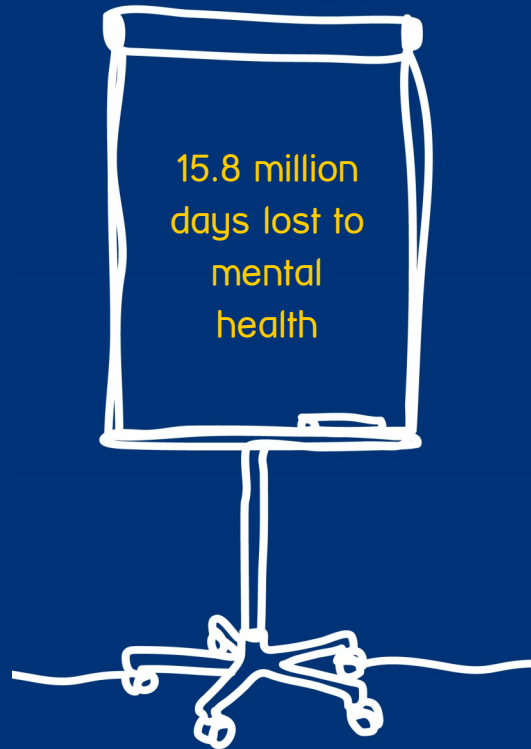
Due to work related factors....



27% of employees believe that their organisation does not support those who experience mental health issues



Only 1/3 of 18-29 year olds are comfortable talking with their manager about mental health issues compared to almost half of people in their 40s



Three out of every five employees have experienced mental health issues due to work where work was a related factor



Poor mental health could be costing UK businesses as much as £42 billion and poor mental health could be costing the UK economy as much as £99 billion.