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Mental Health Support Training

A range of programmes to support line managers and their teams

Recent years have created a seismic shift in overall working patterns, forcing millions of us into hybrid virtual working. Add to this, the increased likelihood that employees mental health may have been negatively affected during the pandemic and there will be a lot of pressure on line managers.

You can help your line managers facing this challenge with our range of mental health training programmes. All designed to give them the essential skills to spot mental health issues and support themselves and their teams.

Click on the icons to find out more about each training course

Managing Mental Health Training Courses



 **Mental Health First Aid**
Training course

This two-day course, delivered by a certified Mental Health First Aid England Instructor, trains and certifies individuals as Mental Health First Aiders, providing them with an in-depth understanding of mental health and the factors that can affect wellbeing.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health by improving understanding, teaching people to responsibly identify and address a potential mental illness.

When more people are equipped with the tools they need to start a dialogue, more people can get the help they need. Mental Health First Aiders can even save lives.

[View our training course](#)



Mental Health Awareness

Training course

Mental Health is a growing issue in the UK and is often the underlying cause of long-term or short-term sickness absence.

Mental health sickness can create considerable costs for businesses, that are estimated at up to £56 billion per year*. Worse still, absent employees who don't receive the right support may decide to leave, contributing to further costs from increased staff turnover².

Employers are increasingly aware of the importance of supporting their staff but may not have the necessary awareness or skills to deal with mental health issues. This training can support a proactive and preventative approach to managing employee wellbeing.

[View our training course](#)

Personal Growth and Resilience Training Courses



bhsf

Stress Management and Developing Resilience Training course

Life can be challenging and stressful, and it's normal to experience ups and downs in our daily lives.

Everyday pressures may at times outweigh the ability to cope. It's important to understand individual tolerance levels for pressure and when personal thresholds are reached to avoid long term effects on mental and physical health and wellbeing, including an increased risk of anxiety, depression, heart disease, high blood pressure, diabetes, skin conditions and digestive problems.

During this training programme, participants will learn how to identify the root causes of their stress and develop techniques to manage their responses to stressful situations. They will also learn how to develop resilience, which is the ability to bounce back from difficult situations and build a strong foundation for positive mental and emotional wellbeing.

[View our training course](#)



Managing and Accepting Anxiety and Panic

Training course

It's normal to occasionally experience anxiety.

However, if we don't recognise when anxiety is starting to spiral, the false or limited ways of thinking can take over our lives, convincing us of impending doom and further exacerbating our sense of helplessness.

Panic attacks affect people in many ways, but there is usually a sudden frightening feeling that something

awful is about to happen, with strong physical symptoms. This can cause people to feel that something more serious, such as a heart attack is happening. Lots of people have panic attacks and they can affect people in different ways; some may only ever have one, others may experience them more frequently and over a longer period.

[View our training course](#)



Understanding Long Covid


Training course

The effects of the COVID-19 pandemic have been felt far and wide, and many have experienced a significant impact on both their physical and emotional wellbeing.

Whilst some people have recovered quickly, others are still feeling the effects many months on. With millions of people worldwide experiencing long-lasting symptoms after recovering, there is a growing need to understand the nature and impact of these symptoms, which are commonly referred to as long COVID.

This training is for any managers, supervisors and employees who want to know more about Long Covid, the potential signs, symptoms and long-lasting effects, as well as treatment options and support that is currently available. Additionally, this course considers how you can better support staff in the workplace or return to work.

[View our training course](#)

A photograph of a woman with dark hair, wearing a grey blazer over a white shirt, sitting at a desk and writing in a notebook with a pen. The background is dark and out of focus.

Managing Depression

One Day at a Time

Depression is a common mental health condition that can affect anyone, regardless of age, gender, or background.

It can make everyday tasks seem overwhelming and lead to a range of emotional and physical symptoms that can impact our quality of life. However, with the right strategies and tools, depression can be managed effectively, and individuals can lead a healthier and happier life.

There are many benefits to understanding depression. Gaining an awareness of influential factors and support tools can help you break tasks and goals down into smaller manageable chunks. Learning the habit of self-care, challenging unhelpful thoughts can be very empowering.

[View our training course](#)



Suicide Awareness

Training course

The issue of suicide is a serious and complex problem that affects individuals, families, and communities all around the world.

Over 700,000 people take their own life each year – that's one person every 40 seconds! In the UK, 115 people die by suicide every week, with 75% of those deaths being male.

There is no denying that suicide is a sensitive and challenging topic that demands attention and awareness. It can be difficult to know how to

start a conversation with someone you are concerned about. Suicide awareness training is aimed at anyone seeking to improve their understanding in this area and apply it to a broad range of personal and professional situations. It explores media and societal attitudes, as well as strategies for early intervention and how to further support and signpost.

[View our training course](#)



Understanding Grief and Bereavement

Training course

Grief and bereavement are a natural part of life, but they can also be among the most difficult experiences that we face as human beings.

Whether we are experiencing the loss of a loved one, the end of a relationship, or any other form of loss, the grieving process can be complex, overwhelming, and challenging to navigate.

When a bereavement occurs, no matter whether it was predicted or unexpected, it can be incredibly difficult to process or know how to best support if it is someone else who has been bereaved.

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Vicarious Trauma

Training Course

Working in a 'helper' role can leave you open to experiencing Vicarious Trauma.

Also known as secondary traumatic stress or compassion fatigue, vicarious trauma is a phenomenon that occurs when individuals are exposed to the trauma stories of others, resulting in the development of symptoms similar to those experienced by the trauma survivors themselves.

This course explores what is meant by 'vicarious trauma' and aims to provide participants with an in-depth understanding of its nature, signs, symptoms, and impact on individuals, as well as strategies for prevention and management.

[View our training course](#)



Understanding Menopause

Training course


Since the beginning of the 20th century life expectancy has essentially doubled. This remarkable extension of our lifespans has significant implications:

We are living longer, working for more years, and feeling the repercussions of various life events on a broader scale. Menopause affects everyone irrespective of gender, although there is still a general focus on cis gender

women as a life event. Hormones wield tremendous influence over our bodies, and gaining a deeper understanding of their effects and learning how to effectively manage menopausal symptoms is valuable knowledge for all.

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For business leaders and managers:

 bhsf

Stress Management and Developing Resilience

Training for Leaders

Recent figures from HSE show that an estimated 1.8 million workers in Great Britain are suffering from work-related illness*, with stress, depression, and anxiety making up around half of cases.

An estimated 17 million working days were lost in 2021 due to work-related ill health. Figures like these highlight that stress and uncertainty are a fact of life for most leaders in the UK. From managing competing priorities and tight deadlines, to navigating complex organisational challenges, leaders face a range of stressors that can impact both their personal wellbeing and performance, as well as those of their teams.

[View our training course](#)



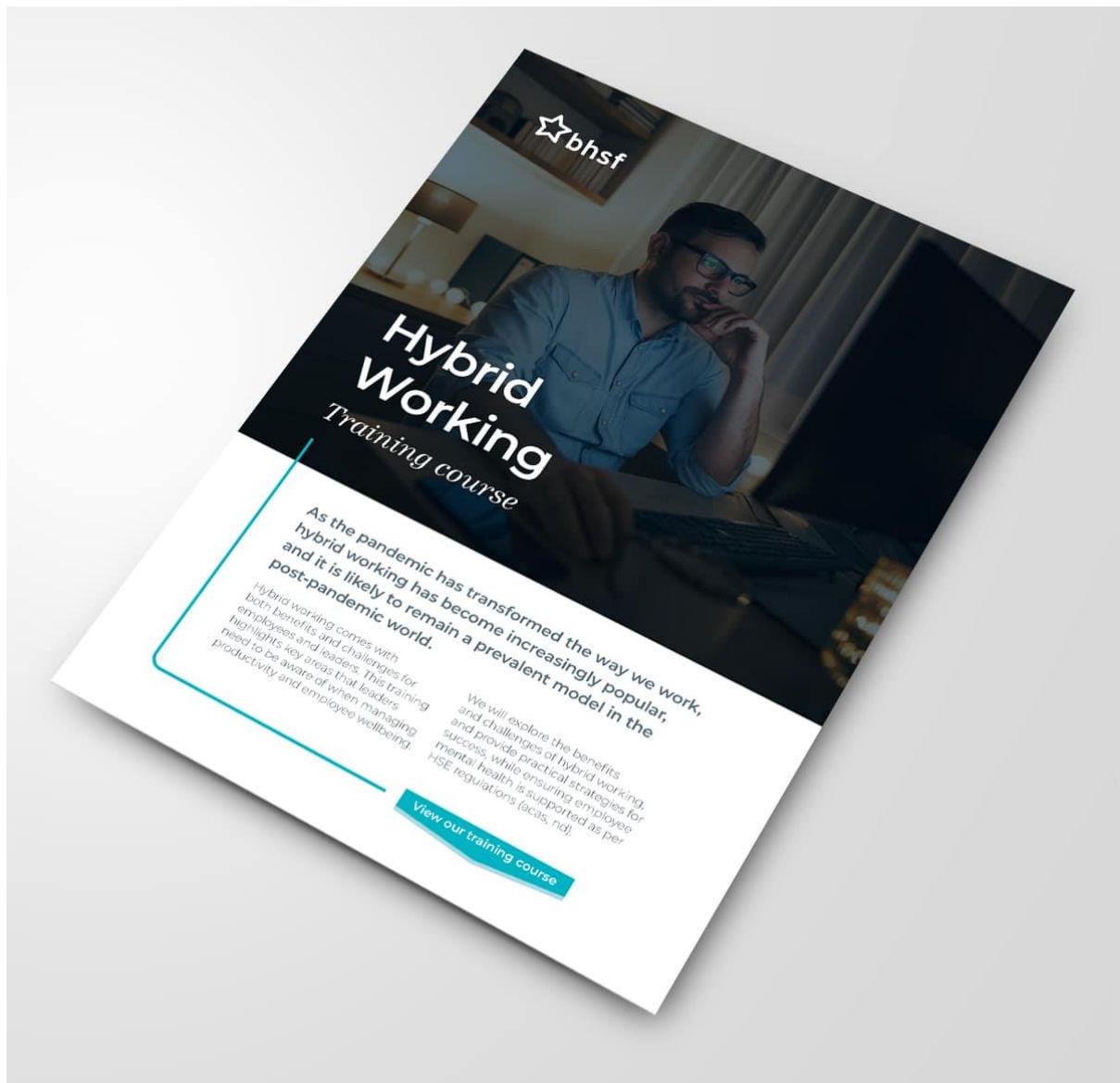
After Action Review *Debriefing*

Following exposure to a traumatic incident at work, a debrief session is a recognised tool to support the management of the aftermath.

Debriefing sessions aim to reflect on and unpick the components of the incident, identify the issues and achievements and support employee wellbeing. By promoting open communication and collaboration, these sessions can help to build stronger teams and enhance organisational effectiveness.

This training aims to teach managers and supervisory staff how to hold effective and supportive employee-focused debriefing sessions. Attendees will also learn how to facilitate the discussion, and how to ensure that participants feel comfortable sharing their thoughts and experiences.

[View our training course](#)



Mental Health training courses overview:

This infographic highlights the full catalogue of Mental Health Training Courses.



Support your workforce with expert mental health training

First name Last name

Telephone number Email address Company name

Number of employees in company

Confirm your preferred method(s) of contact:

☐ email ☐ phone

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