



# 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.

 **mind**  
Coventry, Warwickshire  
and Worcestershire

# **We change minds.**

# **We support minds.**

# **We connect minds.**

We are Coventry, Warwickshire and Worcestershire Mind, and we believe everyone deserves better mental health. Since 1966, supporting mental wellbeing has been our mission, delivering high-quality services to help individuals thrive. As part of a federation of over 100 local Minds, Coventry, Warwickshire and Worcestershire Mind provides free, person-centred support to over 44,000 people annually, helping them access the care they need to live well.

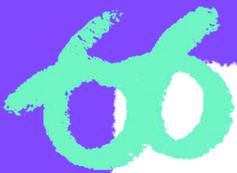
1 in 4 of us struggles with mental well-being each year. Poor mental health costs UK employers £45 billion annually, with 17 million working days lost to stress, depression, and anxiety. However, for every £1 invested in mental health, the UK economy sees a £5 return, highlighting the value of prioritising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



# Why choose us?

<b>Expertise</b>	We deliver training to over 5,000 people each year.
<b>Co-production</b>	We will deliver to your organisation's specific needs.
<b>Lived experience</b>	We combine an evidence-based approach with our trainers' lived experience to deliver excellence.
<b>Investing in your community</b>	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



# Our clients



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# 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

<b>Length</b>	2 x 8-hour days or 4 x 4-hour days
<b>Numbers</b>	Up to 16
<b>Delivery</b>	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

<b>Length</b>	4 hours
<b>Numbers</b>	Up to 25
<b>Delivery</b>	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

<b>Length</b>	4 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	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

<b>Length</b>	8 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	Face-to-face or online



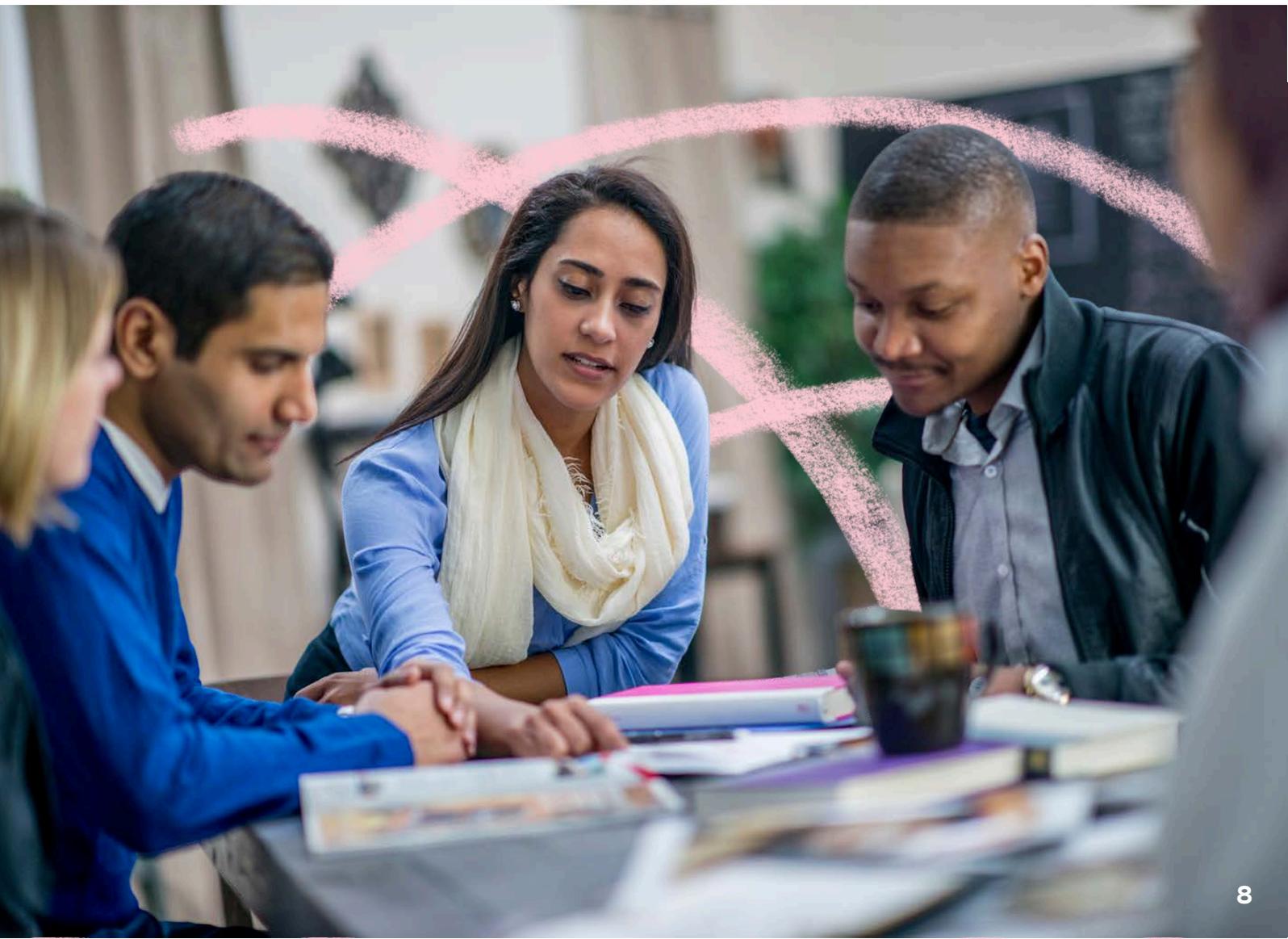
## 5 MHFA awareness

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

<b>Length</b>	4 hours
<b>Numbers</b>	Up to 25
<b>Delivery</b>	Face-to-face or online



## 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

<b>Length</b>	8 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	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

<b>Length</b>	4 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	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

<b>Length</b>	8 hours
<b>Numbers</b>	Up to 12
<b>Delivery</b>	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

<b>Length</b>	1 hour
<b>Numbers</b>	Up to 16
<b>Delivery</b>	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

<b>Length</b>	3 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	Face-to-face or online



## 11 MoodMaster®

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

<b>Length</b>	12 1-hour sessions over 12 weeks
<b>Numbers</b>	Up to 12
<b>Delivery</b>	Online

## 12 Anxiety and worry

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

<b>Length</b>	2 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	Face-to-face or online

# 12 De-escalation and Conflict Resolution

De-escalation and conflict resolution refers to an approach that calms heightened situations and resolves disagreements in a constructive and respectful manner.

**This course helps delegates understand:**

- Why do people behave in that way?
- De-escalating situations - empathy, non-judgement listening and signposting
- Boundaries - the limitations of our roles
- The importance of aftercare following challenging conversations - your wellbeing toolkit
- Case Studies - practice makes progress

<b>Length</b>	2 hours
<b>Numbers</b>	Up to 16
<b>Delivery</b>	Face-to-face or online

# 13 Wellbeing Workshops

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

- Keeping mentally fit
- Depression & low mood
- Self-care
- Mindfulness
- Menopause and mental health
- Men's mental health
- Anger
- Grief and loss
- Resilience
- Sleep
- Gratitude
- SAD
- Sleep
- Emotional Intelligence
- WAP
- Food & Mood

<b>Length</b>	1 hour
<b>Numbers</b>	Up to 16
<b>Delivery</b>	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.

<b>Length</b>	As required
<b>Numbers</b>	Unlimited
<b>Delivery</b>	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 others

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

We support mental health and wellbeing, empowering individuals to thrive in our local community. And you can help us do this.



## Find out more

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



## Make a donation

Scan here to support our activities in our local community and make a difference.

## Get in touch

**Call** (024) 7655 2847  
**Email** [training@cwmind.org.uk](mailto:training@cwmind.org.uk)  
**Visit** [cwmind.org.uk](http://cwmind.org.uk)

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