



in South Warwickshire  
and Worcestershire

**Mental Health, Resilience  
and Wellbeing Training**



## Why invest in mental health training

- 1** Supporting people with their mental health and wellbeing is our day job. Nationally we supported 119,000 people last year, locally we supported 1,826 with their mental health
- 2** Help us support more people in our community, money raised from training helps us meet the mental health emergency
- 3** In 2019 & 2020 we trained over 22,000 individuals
- 4** Work-related stress, depression or anxiety accounts for 54% of sickness absence.
- 5** For every £1 employers spend on mental health support for employees the return on investment is £4
- 6** Only 24% of Managers have received some form of mental health training, despite one in six employees struggling.
- 7** 99.2% of attendees rate our training as excellent
- 8** 46% of employees experienced symptoms of burnout over the last year.

Source- Deloitte

Source – CIPD 2019

Source – HSE

Source – Spill 2021





## Mental Health First Aid - 2 day

Mental Health First Aid (MHFA) is an internationally recognised set of training courses that teach individuals how to spot the signs and symptoms of mental ill-health, provide help on a first aid basis.

This course teaches you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover by guiding them to appropriate support

This 2-day course can be delivered face to face or digitally.

Cost: £270 per person, £2,800 per course, up to 16 attendees.







## Mental Health Champion – 1 day

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
- Ability to spot signs of mental ill-health
- Confidence to support someone in distress
- Skills to support positive wellbeing

This 1-day course can be delivered face to face or digitally.

Cost: £200 per person, £1,800 per course, up to 16 courses.

## Mental Health Awareness ½ day

This introductory four-hour session raises awareness of mental health. It covers:

- 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

This ½ day course can be delivered face to face or digitally. We value this course at £125 per person, £1100 per course for up to 16 people.



MHFA England

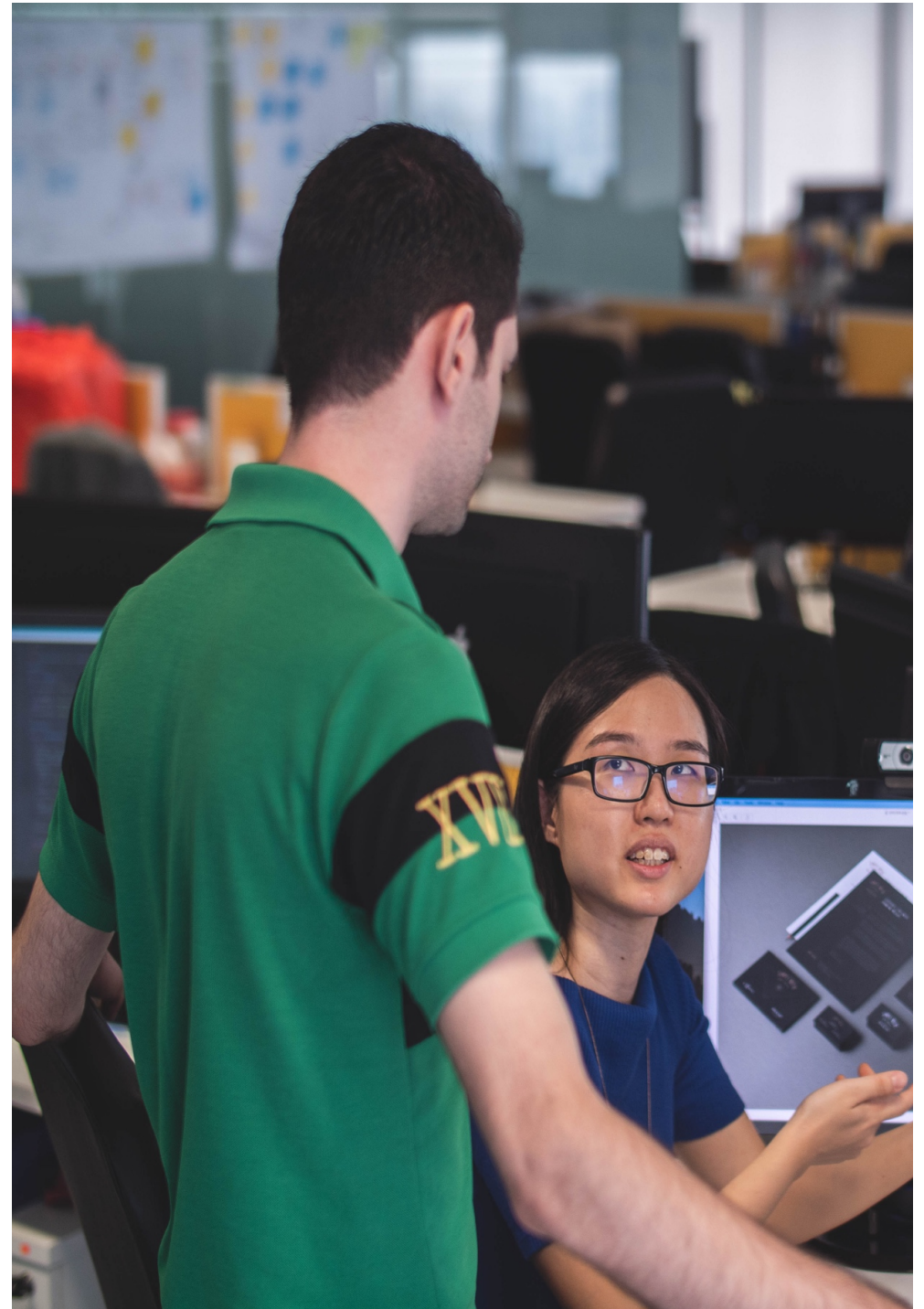
## Mental Health for Managers

Over 75% of Managers surveyed by Deloitte say they have not had any mental health training during their career. This half-day course is for Line Managers giving you:

- An understanding of common mental health issues
- The impact of mental health issues in the workplace
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill-health
- How to have a conversation with a colleague or employee
- Skills to support positive wellbeing

This 3-hour course can be delivered face to face or digitally.

Cost: £70 per person, £1,100 per course, up to 16 attendees.







## One to one support for colleagues

Workplace change or stress can overwhelm colleagues, which is often a precursor to mental health challenges. While many organisations now have Employee Assistance Programmes, we often find colleagues hesitant about confiding or seeking support for fear of their employers finding out.

Our confidential one-to-one support has been successful in supporting organisations to solve specific challenges:

- One to one coaching Leaders to improve and understand how to manage mental wellbeing
- Support in developing Strategy and cultural change
- Individual support during a redundancy process
- Developing Involvement and Participation Strategies

Cost: Bespoke according to your needs.





## Positive Thinking

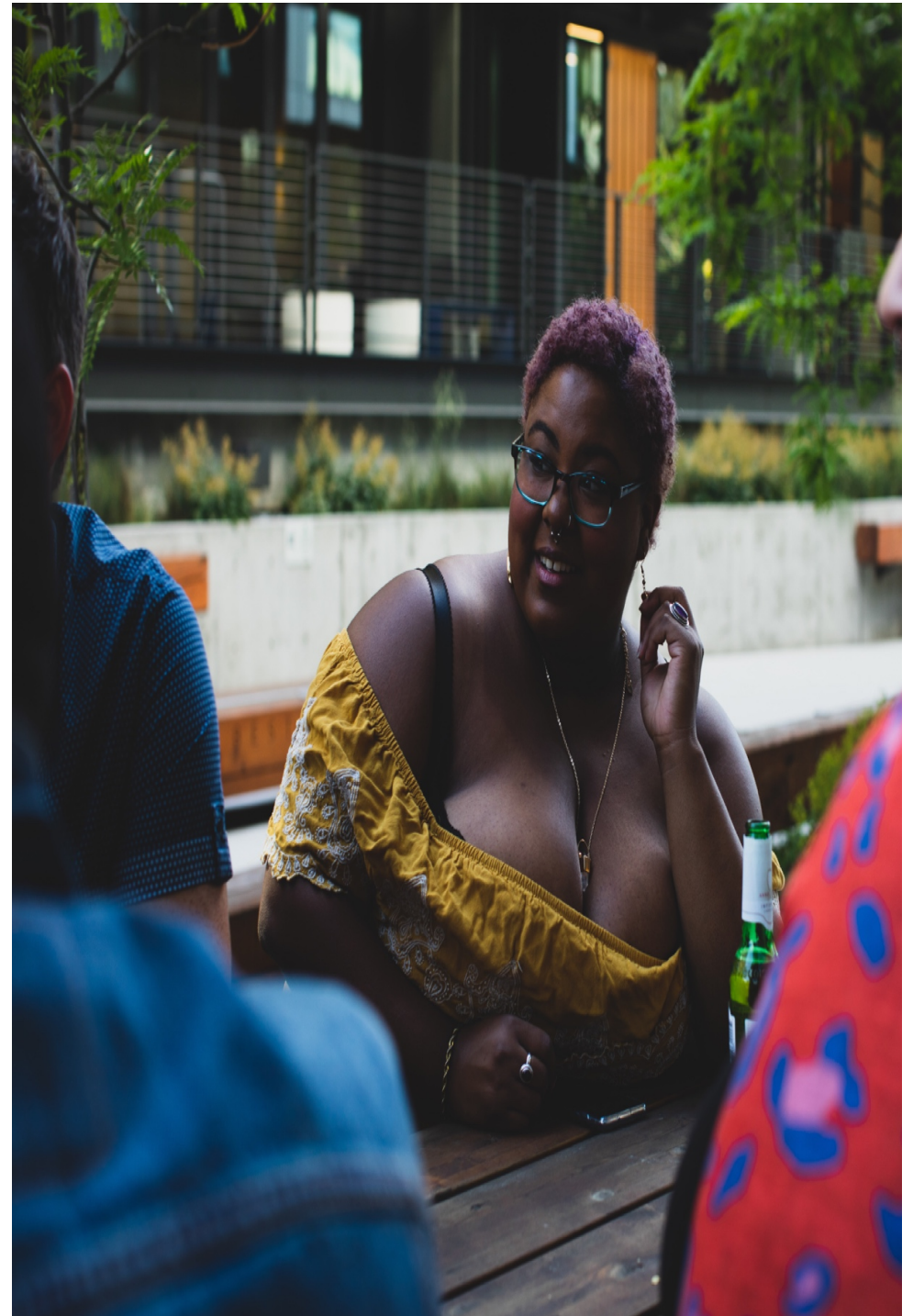
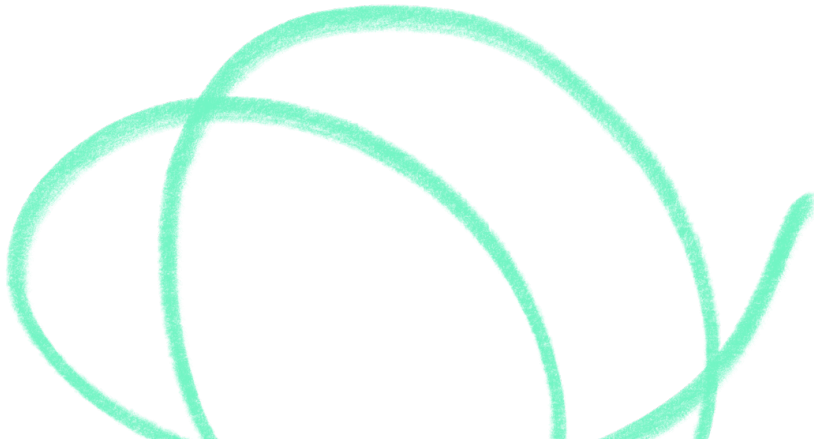
Our interpretation and achievement in the world can be significantly affected by how we perceive things. This course assists individuals or teams of people understand how their thought patterns influence how we and others behave and interact.

At the end of this course, you will be able to:

- Understand thought patterns
- Create a space between stimulus and response
- Infect others with positivity
- Increase self-esteem and confidence

This 3-hour course can be delivered face to face or digitally.

Cost: £70 per person, £1,100 per course, up to 16 attendees.





## Building resilience

The Five Ways to wellbeing are evidence-based ways to help you improve and maintain your mental health and wellbeing. They are five easy steps that integrate into your daily activities.

At the end of this course, you will have:

- Have a greater understanding of the Five Ways to Wellbeing and how to implement them in your day-to-day life
- Improved Mental wellbeing
- Enhanced self-insight
- Techniques to decrease emotional reactivity
- Workbook/ journal to refer to in the future
- Knowledge of where to gain further information or support if required

Unlimited attendees.

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.



## Lunch & Learn, Breakfast & Brief, Dinner & Digest

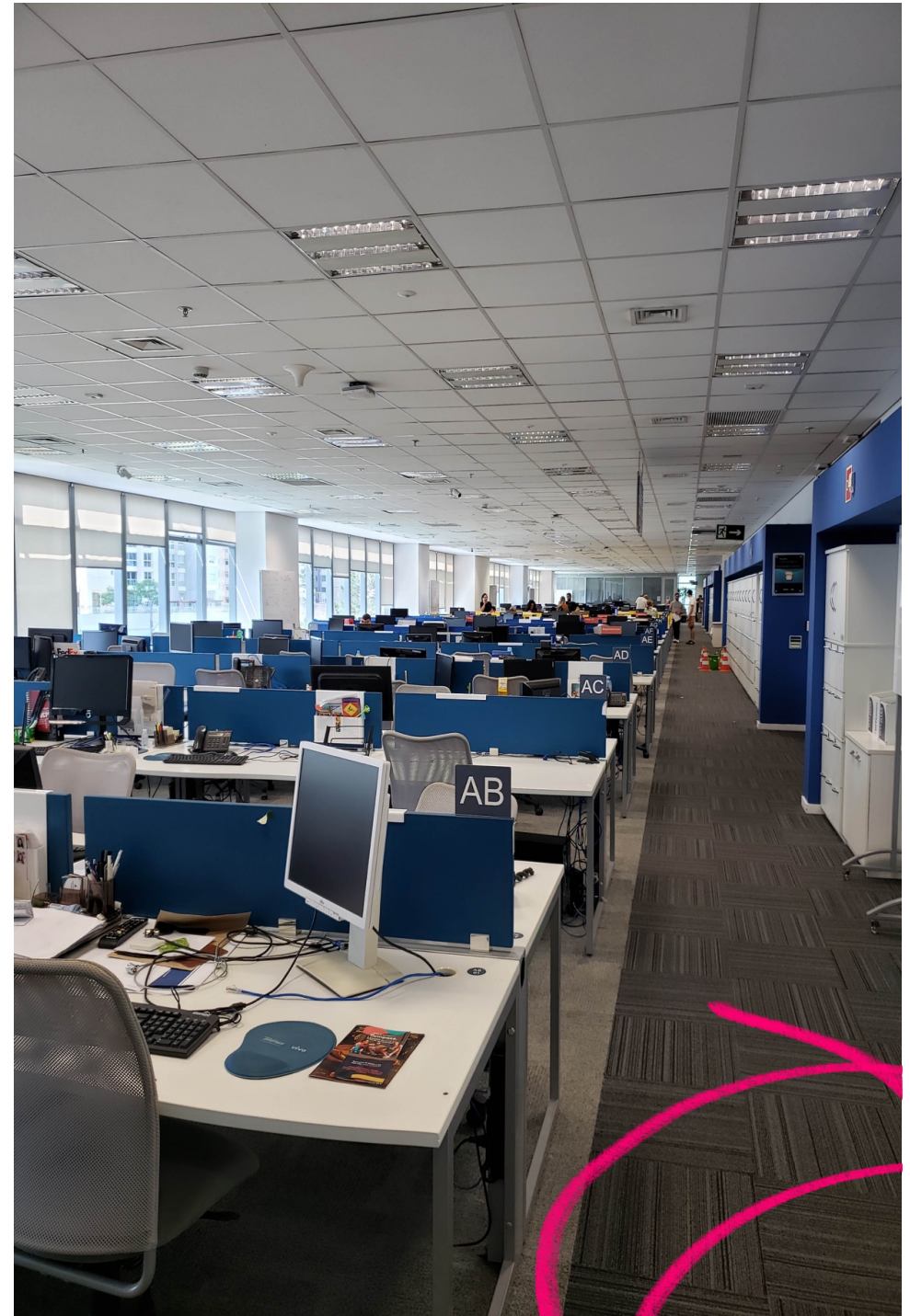
A bite-size presentation during a lunch break or time to suit. You provide Location; we will talk about an exciting topic:

Topics include

- Mindfulness
- Positive Thinking
- Building Resilience
- The Recovery Journey
- Stress Management
- Healthy Eating
- Anxiety
- Gratitude
- Financial Wellbeing

This 1 Hour briefing can be delivered face to face or digitally.

Cost: £45 per person, £350 per course, unlimited attendees.







## Mindfulness

Mindfulness is a technique that can help with managing one's mental wellbeing or simply gain more enjoyment in life. It involves focussing on the present moment, what's happening in your body, your mind or your surroundings in a non-judgemental way.

Mindfulness describes a way of approaching thoughts and feelings so that you can become more aware of them and react differently.

The workshop is for anyone who would like to learn more about mindfulness, enabling them to gain techniques to practice independently. Its key benefits are:

- Increase awareness of thoughts and feelings
- Manage unhelpful thoughts
- Develop more helpful responses to complicated feelings and events
- Feel calmer and able to manage stress better
- Manage some physical health problems, like chronic pain

This 2-day course can be delivered face to face or digitally.

Cost: £270 per person, £2,800 per course, up to 16 attendees.



## 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 with us to deliver training solutions and keynote speeches. We speak candidly about our own experiences, highlighting stigma, diagnosis, mental health crises and building mental resilience.

Cost: Bespoke according to your needs.





## Moodmaster

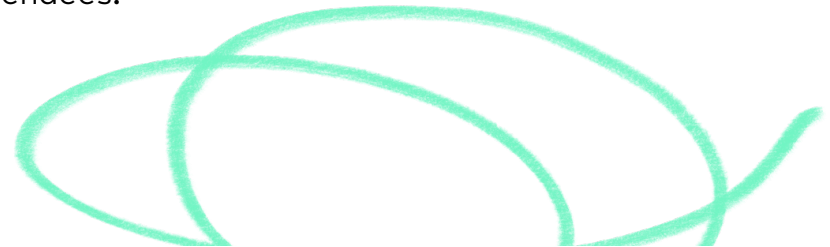
The Workshops are for anyone living with low mental wellbeing or mental ill health who would like to get a greater insight and strategies into managing their mental health more effectively. This twelve-week programme consists of a weekly session lasting for one hour. The sessions are 1 hour long and are delivered in small informal groups of 2 to 12 participants to enable and facilitate discussion.

### Benefits

- An understanding of why an individual may feel the way they do
- Improved mental wellbeing & self-insight
- Decrease in emotional reactivity
- Have a tool kit on managing their mental wellbeing
- Gaining peer support
- Reduced social isolation

This 12-week, one hour per week course can be delivered face to face or digitally.

Cost: £275 per person, £4,400 per course, up to 16 attendees.





## Self-Care the need to be selfish

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They also help prevent some problems from developing or getting worse.

Despite this, for many of us, we either do not take the time to look after our mental health, or we feel it selfish.

This course covers the following topics:

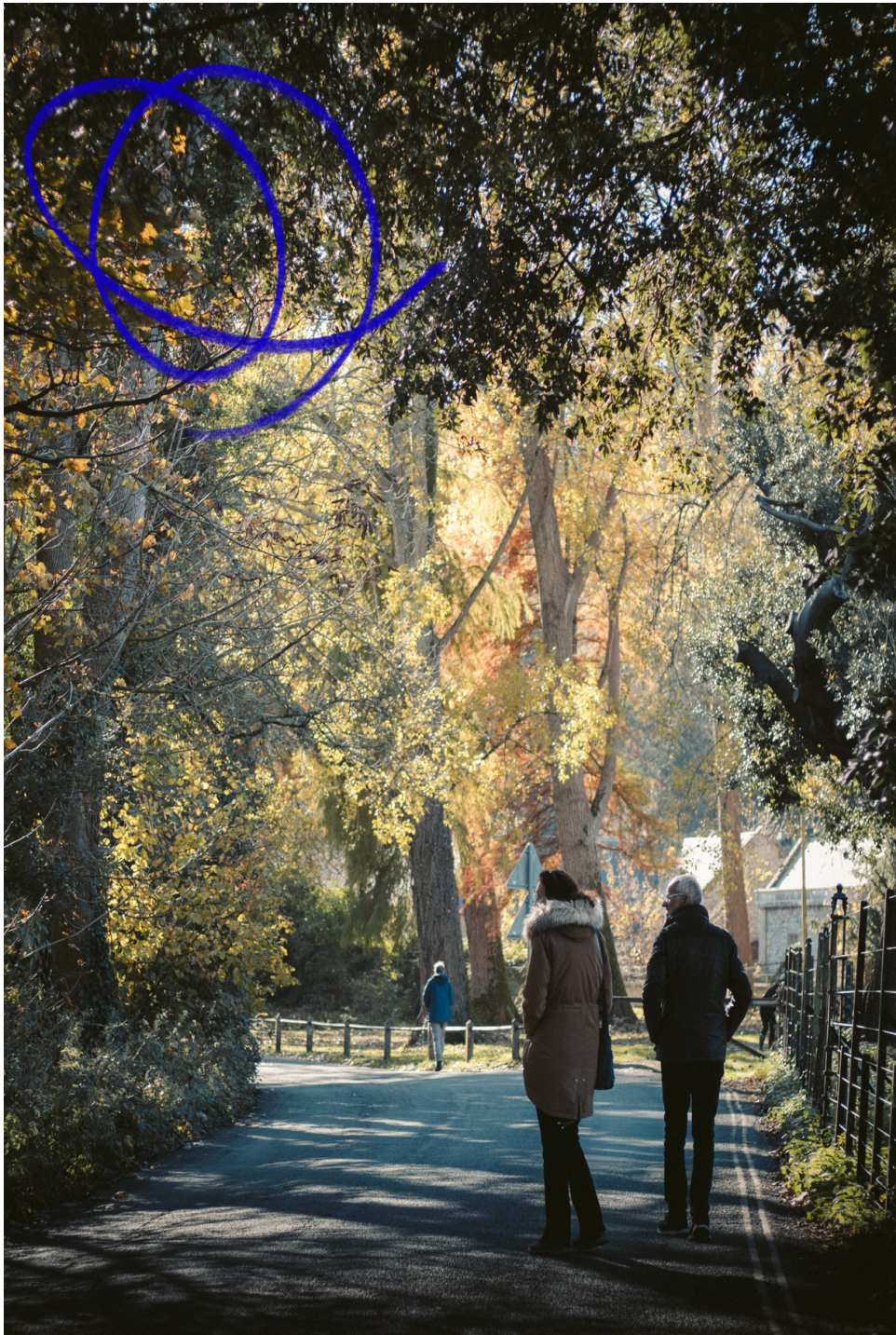
- What is self-care
- How stress affects us
- Techniques and lifestyle changes for self-care
- An introduction to mindfulness
- Building your tool kit
- The importance of a weekly check-up

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.







## Suicide Aware

At Mind, we believe every death by suicide is one too many, yet over a quarter of the UK population have had thoughts of suicide at one time or other in their lives.

This course provides attendees with confidence and a set of skills needed to support someone who may have thoughts or intentions to take their own lives.

In this course, attendees learn:

- Suicide, the facts
- The role of overwhelm
- Supporting someone in crisis
- How to start the conversation
- Non-judgemental listening skills
- Professional and other supports
- Self-care

This 3-hour course can be delivered face to face or digitally.

Cost: £65 per person, £1,100 per course, up to 16 attendees.





## The Male Brain & Stress

Mental health and the Male brain - these workshops aim to understand better the effects of long-term stress and depression on the male brain. Only 36% of NHS referrals for Mental Health Therapy are Male. The sessions will be a place of learning, discussion, and shared ideas of gaining a better sense of control over our physical and mental health.

This workshop will cover:

- How does stress affect the brain?
- The physical effects of long-term stress
- The chemical effects of long-term stress
- Depression and the male brain
- Case studies
- How to feel more in control

Learning Outcomes:

- The impact of stress on Men
- Spotting the signs of poor mental health for Men
- Exploring stigma and masculinity and effects on Male Mental Health
- How men can build mental resilience

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.



## The Menopause & Mental Health

At any one time, one-third of the female population are currently peri (the period leading up to) or menopausal in the UK. Yet this normal part of women's life cycle remains shrouded in stigma and often incorrectly diagnosed with depression.

In this course, our tutor Louise Corbett will focus on peri and menopausal effects on Mental Health:

- Stages of Menopause
- How Menopause affects the brain
- Mental Health and Menopause
- Case Study
- Group discussion
- Pulling things together - how do we support ourselves?

### Learning Outcomes:

- What is Menopause, and how it affects our mental health
- Shared experiences of the Menopause
- How to support yourself and others during the Menopause

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.





## Helping Children & Young People Build Mental Resilience

An unwelcome effect of the Pandemic has been the impact on Children and Young Peoples Mental Health. Mind's research has shown that 57% of Children and Young People experienced a decline in their mental health during this period.

In this course, we focus on how Adults can work with Children and Young People to build resilience:

- What impacts Children & Young Peoples Mental Health
- The Risk factors
- Communicating with Children & Young People
- Resilience Tools
- Signposting towards support

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.





## Anxiety & Worry

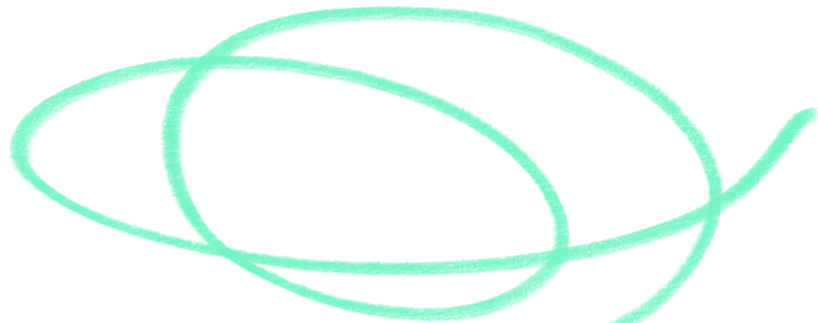
A legacy of the Pandemic has been heightened levels of anxiety in our population. The Office for National Statistics reports an increase from 11% in 2019 to 26% in 2021 of struggling with anxiety.

### **Workshop content:**

- What is anxiety
- Situations and risk factors that drive anxiety and worry
- Self Help and Tools for anxiety and worry
- How to have a conversation with someone struggling
- Signposting to professional and other supports
- Discussion with a case study.

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.



## Boundaries for a happier life

In today's world, we can be pushed and pulled in many different directions with a lot of pressure, many things to do, too little time and many decisions to make. We can do a lot to protect ourselves from burnout by being clear about our needs and expectations.

This workshop covers:

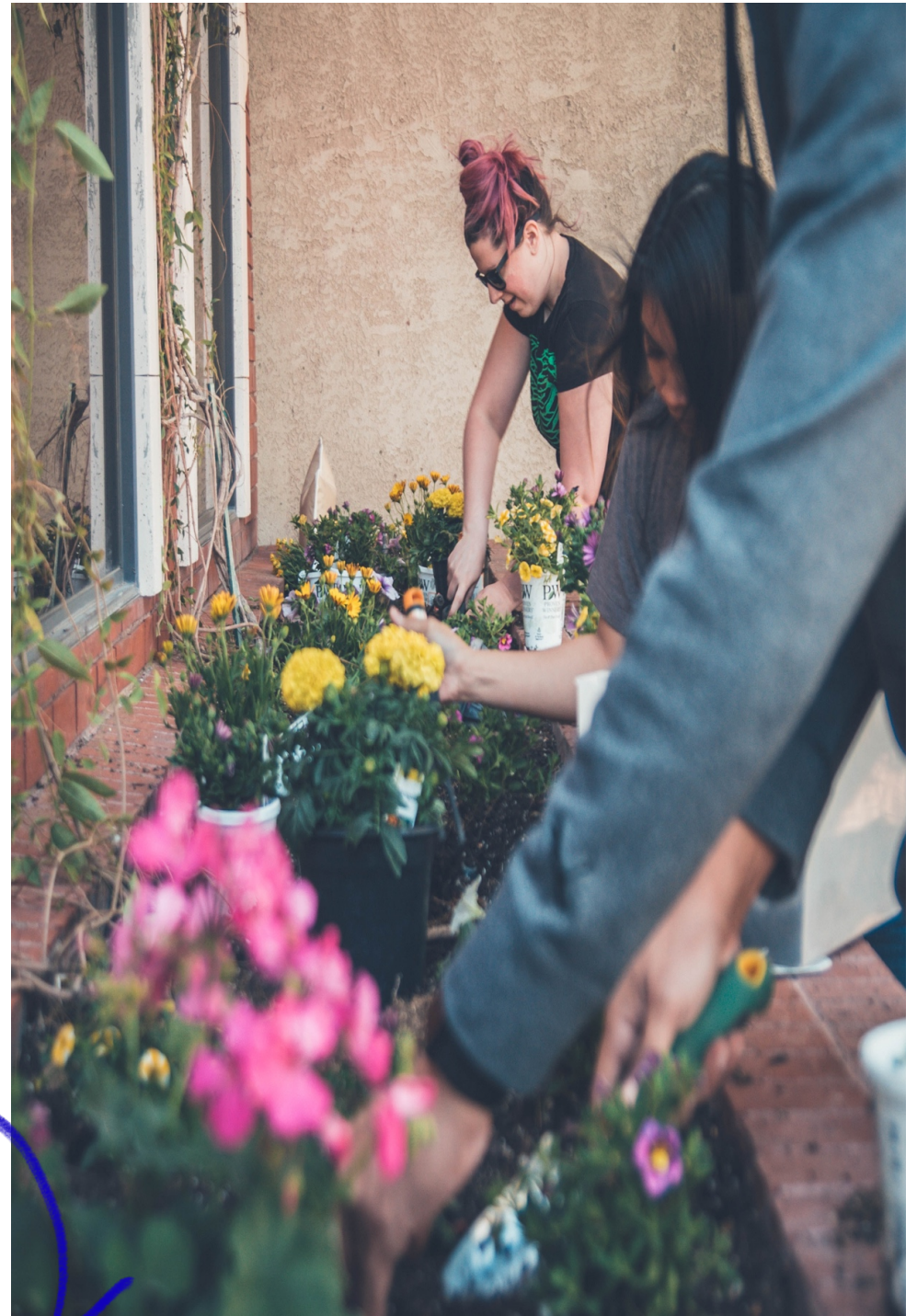
- What are boundaries, and why do we need them
- Healthy boundaries vs unhealthy boundaries.
- Establishing, protecting, and respecting boundaries

Learning Outcomes:

- What are boundaries
- Why are boundaries important
- How to set boundaries
- Protecting your boundaries and respecting others

This 2-hour course can be delivered face to face or digitally.

Cost: £45 per person, £700 per course, up to 16 attendees.





## Peer Support – Why & How to

Giving people the opportunity in a corporate or community setting to share their experiences can be very powerful.

Peer support is when people use their own experiences to help each other. There are different types of peer support, but they all aim to:

- bring together people with shared experiences to support each other
- provide a space where you feel accepted and understood
- treat everyone's experiences as being equally important
- involve both giving and receiving support.

In this course, we cover:

- The main approaches to peer support
- Core values & Reflective questions
- Troubleshooting
- Useful resources & Interactive activities

This 3-hour course can be delivered face to face or digitally.





## Bespoke solutions made to meet your needs

We are all individuals, different organisations, and businesses. At Springfield 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.

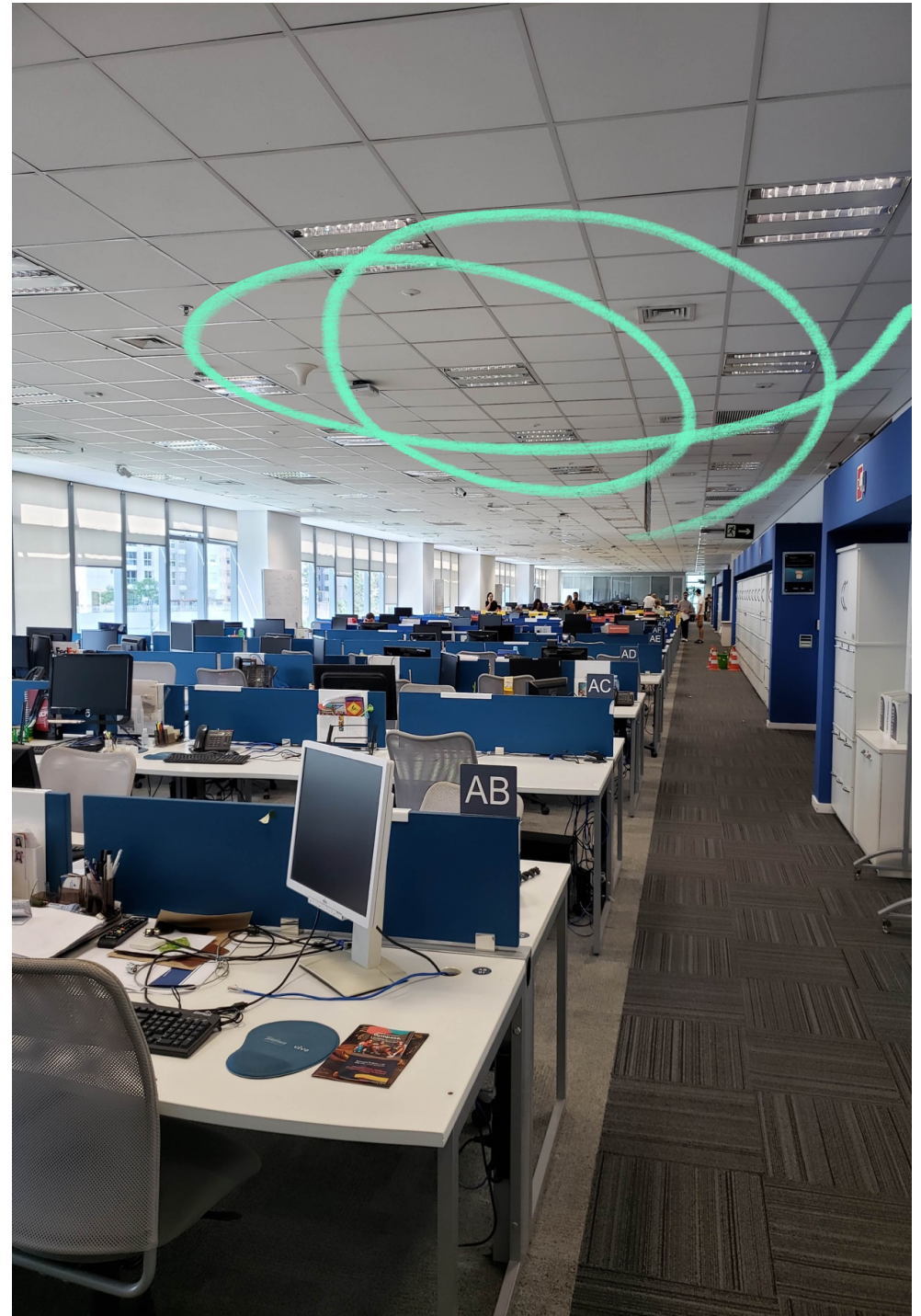
## Free business mental health report

Mental Health in the workplace – the facts

Why worry about mental wellbeing, and what are the returns on investing in wellbeing?

What is a mentally healthy culture?

How can we partner with you on this journey?







South Warwickshire and Worcestershire

# Start a conversation with us about your **mental health** **training**

## Find more



Scan here to find more about our initiatives, including training, partnerships, volunteering, and mental health support

## Support mental wellbeing



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



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