



NUCO Level 3 Accredited

Mental Health First Aider Qualification

Mental Health & Wellbeing

Suitable for team members, people managers and C-suite professionals who want to be confident in supporting a colleague's mental health and having supportive wellbeing conversations.

As employers, our approach to mental health should be the same as any other health condition. We have a duty of care towards our employees and should ensure they are safe and that the work environment is a safe place to be. Because mental health issues don't always have any outwardly visible signs like a plaster cast for a broken arm, we need to take other steps to identify it. Mental Health First-Aiders are trained to spot the early signs of mental health issues and can signpost individuals towards an appropriate course of action or mental health practitioner. They can also be approached in confidence by other employees.

Course Content

Day 1

- Module 1 - Understanding and Identifying Mental Health Illnesses**
- Module 2 - Understanding Addiction: Drugs & Alcohol**
- Module 3 - Toolkit: Appropriate Services and Creating an Action Plan**

Day 2

- Module 1 - Having Supportive Wellbeing Conversations: How to Signpost a Colleague to Appropriate Services**
- Module 2 - Short Answer Question Paper Exam**

Benefits to the Business

- Build a team of listeners who can signpost colleagues to the right support
- Pay now, save later: poor mental health costs UK businesses £1,300 per employee
- Reduce unexplained staff absences
- Avoid long-term sickness by recognising the signs of poor mental health in colleagues early

Benefits to the Delegate

- Recognise poor mental health signs in colleagues
- Feel confident in holding conversations with vulnerable colleagues in the workplace
- Know the appropriate support services available internally and externally
- Contribute to the company's well-being culture



Leadership, Management and Wellbeing Training

HR Champions Ltd have been delivering Management Development training since the business was established over 20 years ago. We achieved ILM accredited centre status in 2002 and have since supported hundreds of businesses and thousands of delegates. Our courses and workshops, accredited and non-accredited are designed for all levels; for the novice team member, the aspiring manager, the established senior team as well as uniting those levels together with our team based training.

Our training services are complimented by our first-rate HR consultancy. We provide SMEs with HR and Employment Law advice & support from contracts and disciplinaries through to restructuring and redundancy.



Everything was handled professionally



"The course was organised and delivered with the right amount of content and listening. The subject was explained well which helped me understand the emotional subject. I now feel that I can be a supportive colleague and recognise early signs of poor mental health."

William - Liaison

Our team well-being is now a priority



"The training was very informative and heavy training was delivered in an engaging way. HR Champions provided a safe space to ask questions. I now feel confident to approach mental health related situations in the workplace"

Laura - Meningitis Now

