



# Workplace Wellbeing Training



[www.birminghammind.org](http://www.birminghammind.org)

# Why Chose Us?



Birmingham Mind was founded in 1962 and we are a Registered Charity and Company Limited by Guarantee.

We are affiliated to national Mind (based in London) which means we abide by the Mind Quality Standards and various policies. However we are a charity in our right providing services and support to Birmingham and surrounding areas. Our Charity Number is: 1003906.



Our training team are highly experienced, knowledgeable and flexible to meet the needs of your requirements.

We welcome the opportunity to work in partnership with you.

Contact us to discuss how we can help:

Email: [training@birminghammind.org](mailto:training@birminghammind.org)

Telephone: 0121 608 8001

Twitter: @TrainBrumMind

Facebook: @BirminghamMindOfficial



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# Why Chose Us?

Birmingham Mind as an employer understands the value of investing in Mental Wellbeing for all employees. Our experience, of over 55 years, means we have developed a range of training and support material to increase people's mental wellbeing in the workplace. We also know the value of supporting people with mental health issues to return to employment.



We are proud to be sitting on the West Midlands Commission Implementation group which feeds directly into the West Midlands Combined Authority. West Midlands Combined Authority (WMCA) launched an action plan in January 2017 to transform the way people with mental health problems are treated by public services and employers. The implementation group remains in touch with the views of the community and local public services, to give advice about how best to provide additional support to people living with mental ill health.

Birmingham Mind is recognised as a Mindful Employer and we are also very proud of our recently accredited Gold Investors in People status.

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# Mental Health in the Workplace

At any given time  
1 in 6 working age  
adults have symptoms  
associated with mental  
ill health (e.g. sleep  
problems, fatigue etc.)  
which don't meet the  
criteria for diagnosis.

Mental ill health is  
responsible for 91 million  
working days lost and costs  
£30 Billion each year, which  
is more than another other  
type of illness  
*ACAS 2014*

Length of absence  
from work is 7.5  
times longer for  
mental health  
problems than  
physical illness

*CIPD 2013*

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# Who Have We Trained

Banks

Charities

Construction

Emergency Services

NHS

Marketing

Universities

Aerospace

Unions

Insurance

Family Theme Parks

Other Public Sector Departments

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# What We Offer

Birmingham Mind can deliver training courses that can be personalised to your workplace or offer generic courses to understand and explore mental health in more detail.

## Courses for Staff / Employees

### **Adult Mental Health First Aid**

(Two Day course)

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### **Adult Mental Health First Aid Lite**

(Half Day course)

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### **Youth Mental Health First Aid**

(Two Day course for anyone working and engaging with young people under 18)

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### **Youth Mental Health First Aid for Schools and Colleges**

(One Day course)

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### **Mental Health & Wellbeing**

(Full Day or Half Day)

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### **Workplace Mindfulness**

(8 week course)

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### **Workplace Resilience Course**

(Various lengths)

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# What We Offer

## Courses for Line Managers

### **Adult Mental Health First Aid**

(Two Day course)

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### **Adult Mental Health First Aid Lite**

(Half Day course)

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### **Youth Mental Health First Aid**

(Two Day course for anyone working and engaging with young people under 18)

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### **Youth Mental Health First Aid for Schools and Colleges**

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(Various Lengths)

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### **Line Manager Mental Health & Wellbeing Course**

(Various Lengths)

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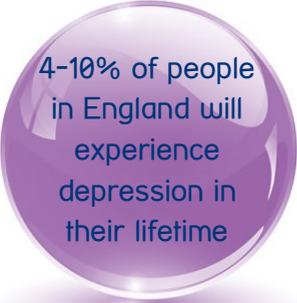
# What We Offer

## Other Areas We Can Deliver Courses

### \*Anxiety & Stress

### \* Self Harm Awareness

Birmingham Mind can design bespoke and new training relating to mental health and can draw on over 50 years of working with people with all recognised forms of mental health problems.



4-10% of people in England will experience depression in their lifetime



1 in 6 people will be struggling with their mental health at work



Anxiety & Depression has been estimated to cause 1/5 of days lost from work in UK

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# Mental Health First Aid Courses



Adult Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who maybe developing a mental health problem. In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial warning signs of mental ill health.



Youth Mental Health First Aid is an internationally recognised training programme designed specifically for people who teach, work, live or care for young people aged 8 to 18. The course will provide you with tools and techniques to promote young persons mental and emotional wellbeing.



This is a half day course which offers an introduction to Mental Health First Aid split into 4 manageable chunks. The course teaches the importance of promoting wellbeing and protective factors.

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# Course Material



## Mental Health & Wellbeing

This course will help give you a better understanding of mental health, wellbeing and mental illness with the ability to contribute towards the de-stigmatising of mental health. You will learn more about the common known mental health conditions, signs and symptoms.

You will gain practical techniques and strategies as to how you can best support individuals within your community and service area. Learning is interactive through structured training and role play.



## Mindfulness

Mindfulness is a way of paying attention to the present moment, using techniques like mediation, breathing and yoga. It helps us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we're better able to manage them. Anyone can learn from mindfulness. Its simple, you can practice it anywhere and the results can be life-changing.

Mindfulness has been clinically proven to reduce stress, blood pressure, depression and anxiety as well as help people sleep better, work more efficiently and improve their personal and professional relationships.

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# Course Material

All of our courses can be tailor made to your requirements, some of our most popular courses are detailed below.



## Mental Health Awareness

This session can be tailored to fit your requirements and has been delivered as an hour's session that can easily take place a number of times in a day, so is ideal for wider awareness day events. Featuring presentation and practical exercises this session is very interactive.



## Anxiety & Stress

Anxiety and stress relating to the workplace is a huge issue and this lively session, looks at why it happens, top tips to deal with it and gives the clear message that it's ok to ask for help!



## Youth MHFA (for Schools & Colleges)

Youth MHFA for Schools & Colleges is a 1 day course designed especially with schools in mind. Based on the Youth MHFA course but targeted to meet the needs of educational environments, delegates will become Champions for better mental health in schools. Learn how to spot the symptoms of mental health.

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# Course Material



## Resilience Course

A preventative, early intervention course aimed at employees that will provide them with a collection of tools and skills enabling them to manage and cope better with both the stresses and strains of everyday life and the specific difficulties that can arise from their profession. This can include stress, anxiety, relationship issues, social pressures and difficult emotions such as anger.



## Line Manager Mental Health & Wellbeing

This course will assist you as a line manager to learn more about the common known mental health conditions, signs and symptoms.

You will gain practical techniques and strategies as to how you can best support your staff and feel confident to discuss mental health.

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# Costs & Contact Details

We don't receive any funding to deliver training or workshops so we do have to charge for the training we offer.

We can provide information stalls or taster sessions for free if they are connected to an agreement for paid work.

Contact us for details of prices and how we can help make your workplace mentally healthy.

## We're very flexible!

We can tailor the course length to meet your requirements and can add in case studies relevant to your type of organisation.

## Contact Us For More Detail and Prices:

Email: [training@birminghammind.org](mailto:training@birminghammind.org)

Telephone: 0121 608 8001



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# What people say about us

**“All the Mental Health First Aiders have come back together from your training to form a Black Country Buddy scheme we are going to offer any colleague support following the training on any anxiety or depression the best we can”**

**“Very interesting and gave everyone a clear understanding on mental health issues.”**



**“One of the best presentations, I particularly enjoyed that we were able to ask someone that had been through it, questions about mental illnesses.”**



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# Further Support

The range of services provided by Birmingham Mind means that family members can access our adult services for help with their problems too.

We offer a range of courses, both recreational and structured, aimed at supporting people to take control of their mental wellbeing and learn the tools needed to help fulfil their roles in life. These courses are delivered at a range of venues throughout Birmingham, including our Beechcroft Wellbeing and Recovery Centre, where people can self refer and call in at one of our open afternoon sessions on Tuesdays. Sessions are free of charge. Contact details are:

Beechcroft Wellbeing and Recovery Service,  
Rear of 501 Slade Road, Erdington, Birmingham, B23 7JG.

Tel: 0121 237 3761

Tel: 0121 262 3555

Email: [info@birminghammind.org](mailto:info@birminghammind.org)



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Our training team have over 20 years experience of working in Mental Health and are a huge asset to Birmingham Mind with their knowledge and teaching methods.

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