

How we can support you

Our training and consultancy is here to support you to manage wellbeing proactively and minimise the impact of mental ill health on work and life.

We'll work alongside you to deliver training that complements and enhances your existing wellbeing strategy, if you have one. If you don't, we'll get you started on that journey and guide you along the way.

Mental Health First Aid (MHFA) England training courses teach people to spot the signs of mental health issues, offer initial help and guide a person towards support. We don't teach people to be therapists, but we do teach people to listen, reassure and respond, even in a crisis - and even potentially reach out to someone before a crisis happens.

Legislation for Mental Health First Aid

Legislation for Mental Health First Aid provision in the workplace is not yet in place. The **Health and Safety Executive** says:

"You should consider ways to manage mental ill health in your workplace which are appropriate for your business, such as providing information or training for managers and employees, employing occupational health professionals, appointing mental health trained first aiders and implementing employee support programmes."

Quality mental health training, underpinned by a robust wellbeing strategy, gives people the tools to keep themselves healthy and support each other. It can also help to:

- ✓ Build employees' confidence to have open conversations around mental health and break the stigma
- ✓ Encourage people to access support early when needed, for a faster recovery
- ✓ Empower people with a long term mental health issue or disability to thrive in work
- ✓ Promote a mentally healthy environment, stopping preventable issues and allowing people to thrive and become more productive
- ✓ Embed a long term positive culture across the whole organisation, where employees recognise their mental and physical health are supported as equal parts of the whole person

Why choose our training?



Meet the core standards

Help meet the recommended core standards for a healthy workplace as set out for all employers in the Government's [Thriving at Work](#) report.



Licensed and accredited

We are the only provider of licensed Mental Health First Aid Instructor Training in England. Our 2,000 qualified Instructor Members have completed our [Instructor Training programme](#) accredited by the Royal Society for Public Health.



Safe

Our Instructor Members provide a safe, inclusive learning environment and are trained to support people throughout the whole course.



Internationally recognised

You'll be joining a global community of over 3 million people around the world who have trained in MHFA skills. In England, we have trained over 500,000 people.



Community interest company

Every course you book through us allows us to support the next generation's mental health by reinvesting our profits to offer free and discounted training to those working with young people.



Evidence based

Grounded in research and rigorously tested, our courses are developed by experts alongside people with lived experience of mental health issues.

Core standards

1. Produce, implement and communicate a mental health at work plan
2. Develop mental health awareness among employees
3. Encourage open conversations about mental health and the support available when employees are struggling
4. Provide employees with good working conditions and ensure they have a healthy work life balance and opportunities for development
5. Promote effective people management through line managers and supervisors
6. Routinely monitor employee mental health and wellbeing

From [Thriving at Work: The Stevenson/Farmer review of mental health and employers](#)

Research and evaluation shows that MHFA England courses make a lasting difference in people's knowledge and confidence around mental health.

[Click here to explore our evidence base](#)

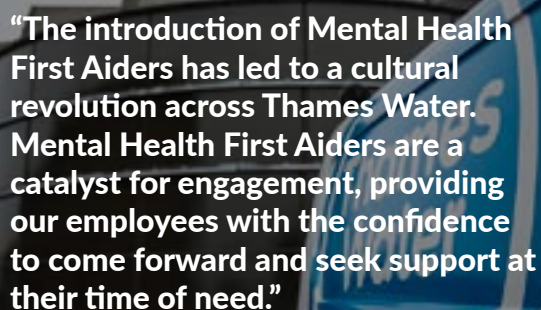
Why choose our training?

What employers say

See how organisations are using MHFA England training. Click on a quote to learn more, or see all:

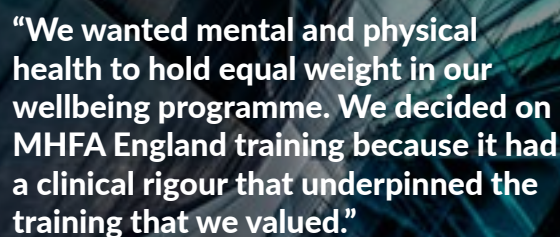
[Written case studies](#)

[Video case studies](#)



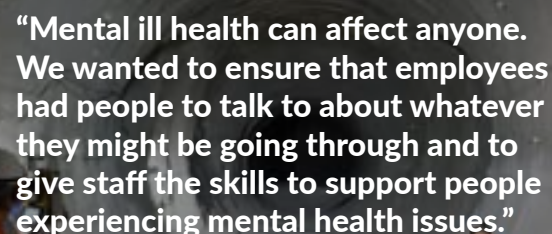
"The introduction of Mental Health First Aiders has led to a cultural revolution across Thames Water. Mental Health First Aiders are a catalyst for engagement, providing our employees with the confidence to come forward and seek support at their time of need."

Thames Water



"We wanted mental and physical health to hold equal weight in our wellbeing programme. We decided on MHFA England training because it had a clinical rigour that underpinned the training that we valued."

EY




"Mental ill health can affect anyone. We wanted to ensure that employees had people to talk to about whatever they might be going through and to give staff the skills to support people experiencing mental health issues."

Crossrail



"As a leading international law firm, we work in a high-performance culture which delivers the very best service for all our clients. Supporting the mental wellbeing of our staff with MHFA England training is an essential part of ensuring our employees operate at the very top of their game."

Slaughter and May



Video case studies

Siemens

has introduced Mental Health First Aid training into the workplace

Why choose our training?

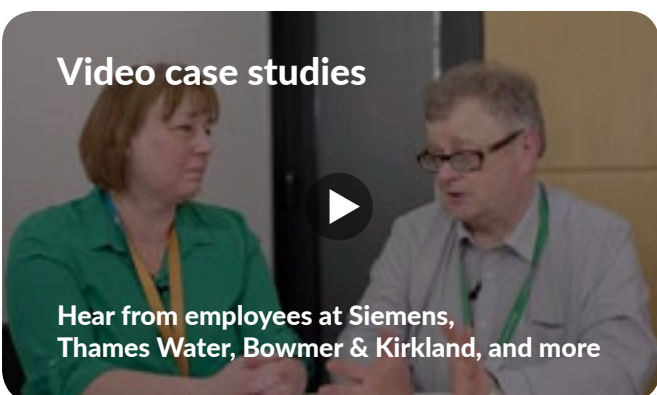
What employees say

“It’s as though the safe space created during the MHFA England training has come back with us into the office. We now feel able to be more open with each other about our mental health and to support each other when we are stressed.”

“I’ve had a colleague experience mental ill health before, and I now can better spot the signs earlier and should it happen again I can offer the most appropriate support.”

“Excellent delivery, very engaging, knowledgeable, lots of real life experience. I hope more senior leadership team take away the value of MHFA England and make it mandatory across the company.”

“One of our Mental Health First Aiders noticed I wasn’t how I usually was. I was really struggling and I didn’t know who else to go to. To sit there and let me speak about how I feel and what’s happened, it made me feel reassured that I wasn’t just an employee, but she took my personal and mental health into consideration.”



Mental Health First Aid in the workplace (MENTOR) study

Researchers surveyed 139 employees from 81 organisations across 20 industries in the private, public and third sectors throughout England. They asked staff what had changed in the workplace as a result of MHFA England training. Here’s what they had to say:

Increased confidence

88% reported an increased confidence around mental health issues

Increased understanding

91% said there had been an increased understanding of mental health issues

Supporting colleagues

78% said that the trained employees were supporting colleagues

More conversations

87% said more mental health conversations were happening at work

Improved procedures

83% noticed an improvement in procedures for signposting to further support

[See the full report](#)

Courses

Training is the foundation to a healthy workplace. Educating people about mental health helps to open up conversations, breaks down stigma and encourages mental health resilience. It can also ensure people are aware of how to access help, allowing for quicker recoveries and more positive outcomes.

We believe the most effective way to create a healthy working environment is to train people in mental health awareness and skills at a blend of levels throughout your organisation. Every workplace is different but here is an adaptable framework that, in our experience, has the greatest sustainable impact.

Every face-to-face course is delivered by an experienced associate Instructor Member. Our quality assured associates have been recruited due to their diverse business backgrounds, experience in mental health, and their ability to engage and motivate attendees.

Everyone who completes a course gets a certificate of attendance. On the Mental Health Aware, MHFA Champions, and Mental Health First Aiders courses, they also get:

- A manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health

Click on a course to jump to more information:

Mental Health Aware

Length: Half Day

Ideal for: Everyone

Tackle stigma and empower people to access the other initiatives and supports you are putting in place

MHFA Champions

Length: One Day

Ideal for: Managers

Equip people with the skills and confidence to spot when someone on their team is struggling and to know how and when to offer support

Mental Health First Aiders

Length: Two Day

Ideal for: Designated staff at every level

Equip designated Mental Health First Aiders with skills to spot signs of a range of mental health issues and guide a person to appropriate support

MHFA Refresher

Refresh and update skills each year

Courses

Mental Health First Aiders Two Day course



[Click here for more details and course outline](#)

Your employees will gain:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of a range of mental health issues
- Confidence to step in, reassure and support a person in distress using the Mental Health First Aid action plan
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover by guiding them to further support, whether self-help resources, internal support such as EAP, or external sources such as their GP
- Understanding of how to keep themselves safe while performing their duties
- A quick reference card for the Mental Health First Aid action plan

MHFA Champions One Day course

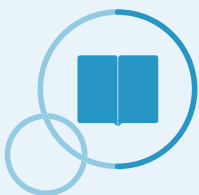


[Click here for more details and course outline](#)

Your employees will gain:

- Knowledge and confidence to provide Mental Health First Aid for the most common mental health issues
- Understanding of how to help build a mentally healthy workplace, challenge stigma and support positive wellbeing
- A quick reference card for the Mental Health First Aid action plan

Mental Health Aware Half Day course



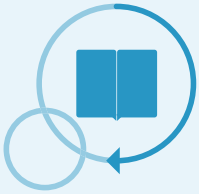
[Click here for more details and course outline](#)

Your employees will gain:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after their own mental health and maintaining wellbeing
- Confidence to offer support to someone in distress or who may be experiencing a mental health issue

Courses

MHFA Refresher Half Day course



Mental Health First Aiders and MHFA Champions are encouraged to take an MHFA Refresher course each year.

Just like physical first aid, regularly updating skills and knowledge empowers people to perform this vital role confidently and safely.

Employees will:

- Keep awareness of mental health supports current
- Update knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

Instructor Training programme

Although many organisations are keen to have our experienced associate Instructor Members deliver our courses, some decide to train a member of staff to become an in-house MHFA England Instructor Member. Once qualified they can deliver the courses in a timeframe and method which 100% suits the needs of the business. Accredited by the Royal Society for Public Health, our seven day Instructor Training programme gives participants all the tools needed to deliver successful MHFA England courses.

Learn more about our Instructor Training programme at mhfaengland.org/instructors.

Prices

Course	Price (exc. VAT)	Maximum capacity
Mental Health First Aiders (Two Day)	£3,300	16
MHFA Champions (One Day)	£2,400	16
Mental Health Aware (Half Day)	£2,200	25
MHFA Refresher (Half Day)	£2,200	25

Prices include:

- Delivery
- Instructor Member fee
- Training resources and materials
- Certificates of attendance
- Full customer service support from MHFA England
- A Client Relationship Manager to oversee all deliveries
- Post-delivery reports if needed

Prices exclude:

- Venue hire
- Catering

While we do our best to provide you with the most up to date information, all prices are subject to change.

If you wish to book a small number of individual places, you may prefer to book directly with one of our independent Instructor Members (course costs may vary depending on location and Instructor Member). Please visit our website mhfaengland.org to find details of courses in your area.

Useful resources



Strategic guidance

Implementing Mental Health First Aiders: Guide for employers

This guide will take you through the key considerations to help you embed positive, sustainable cultural and behavioural change.

Being a Mental Health First Aider: Your guide to the role

This guide for trained employees outlines what they can expect from the role of being a designated Mental Health First Aider at work.

Line Managers' Resource

Download our **Line Managers' Resource** for best practice advice on how to support an employee experiencing a mental health issue. An invaluable reference guide for managers to have both before and after taking an MHFA England course.

Toolkits

Review our **Workplace Wellbeing Toolkit** before embarking on training. This three-step plan will help ensure your training roll out is underpinned by the strategy needed to make it impactful and sustainable.

Download our free digital resources for mental health awareness and tips, which can help to create a culture where it's OK to talk about mental health:

Address Your Stress toolkit

Take 10 Together toolkit

Contact us

Our team are ready and waiting to discuss your training requirements and answer any queries you might have.



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MHFA England

