Whole organisation training framework

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.

Mental Health Aware
Ideal for: Whole organisation
Length: Half day

Lay the groundwork by introducing the idea of talking about mental health. This will tackle stigma, empowering people to utilise the other initiatives and supports you are putting in place.

MHFA Champions
Ideal for: Line managers
Length: One day course

Equip all line managers with the skills and confidence to spot when someone on their team is struggling, and to know how and when to offer support.

Whole organisation: Mental Health Aware

Line managers: MHFA Champions

Designated Mental Health First Aiders

MHFA Instructor

Mental Health First Aiders
Ideal for: Staff at every level who are interested
Length: Two day course

Demonstrate your commitment to equality between mental and physical health by training an equal number of Mental Health First Aiders as physical first aidsers.

MHFA Instructor Training
Ideal for: HR; training department
Length: Seven days training spread over six weeks

Make the change sustainable by training an employee as an MHFA instructor who can keep delivering courses to suit the needs of the organisation.

Learn more about training for your organisation at mhfaengland.org