



**MENTAL HEALTH,
WELLBEING AND
RESILIENCE TRAINING**



WELCOME



**Mental health
and wellbeing
is our day job**

We are Mind, we believe everyone deserves better mental health.

We have a brilliant track record of delivering exceptional training locally and nationally.



ABOUT US

Mind has been supporting people with their mental health and wellbeing since 1947.

Mind is a federation of 112 local minds.

South Warwickshire and Worcestershire Mind delivers local, free to access person centered support to over 15,000 people per year.





VISION

South Warwickshire and Worcestershire Mind offers services to support individuals to achieve personal mental health and wellbeing.

We see everyone as an individual and consider their desires, situations, values, and social circumstances, through creating an inclusive culture for all - ensuring everyone is treated fairly and with respect.

MAKING THE CASE

Effective mental health awareness and wellbeing training is a key component to creating safe and healthy communities, workplaces and schools.

Our training gives people the tools they need to support their own mental health and those around them.

1 in 4 of us struggle with our mental health and wellbeing each year



For every **£1** invested in mental health

The UK Economy gets at **£5** return.



£45 Billion

The annual cost to UK Employers of poor mental health



OUR IMPACT



Thank you for delivering MHFA, these courses are so important, it makes a difference when you have a great facilitator.

Mental Health Practitioner

Thank you once again, a great session for all - feedback has been very positive. You really did your research and it paid off by making the training very personalized.

CEO Community Support

You were incredible, an amazing presentation style and spoke with such openness.

Group Buying Director

Fantastic facilitator, really engaging content and an upbeat energetic session. I really enjoyed the session.

Head of People

It was well presented, clear and practical with a checklist of what people can do to keep themselves well.

Lead Architect

The training was engaging and impactful. It is an amazing partnership.

National Logistics Director

The style, approach and personal experience really brings to life, and we are so grateful for your support.

Energy Specialist

A great presentation which complemented the vice president's session brilliantly.

Head of Large Corporate Payments

WHY CHOOSE US

Organisations have a wide field of choice when it comes to investing in mental health and wellbeing training - choose us:



Expertise

Our experience in delivering training to some 5,000 people per year.

Co-production

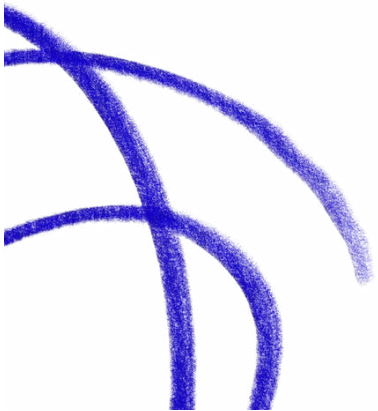
We have the agility to deliver to your specific organisations needs.

Lived Experience

We combine an evidence-based approach with the lived-experience of our trainers to deliver excellence.

Investing in the community

The income generated from training activity is re-invested into our free to access services in the community



Mental Health First Aider® - 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.





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.

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.



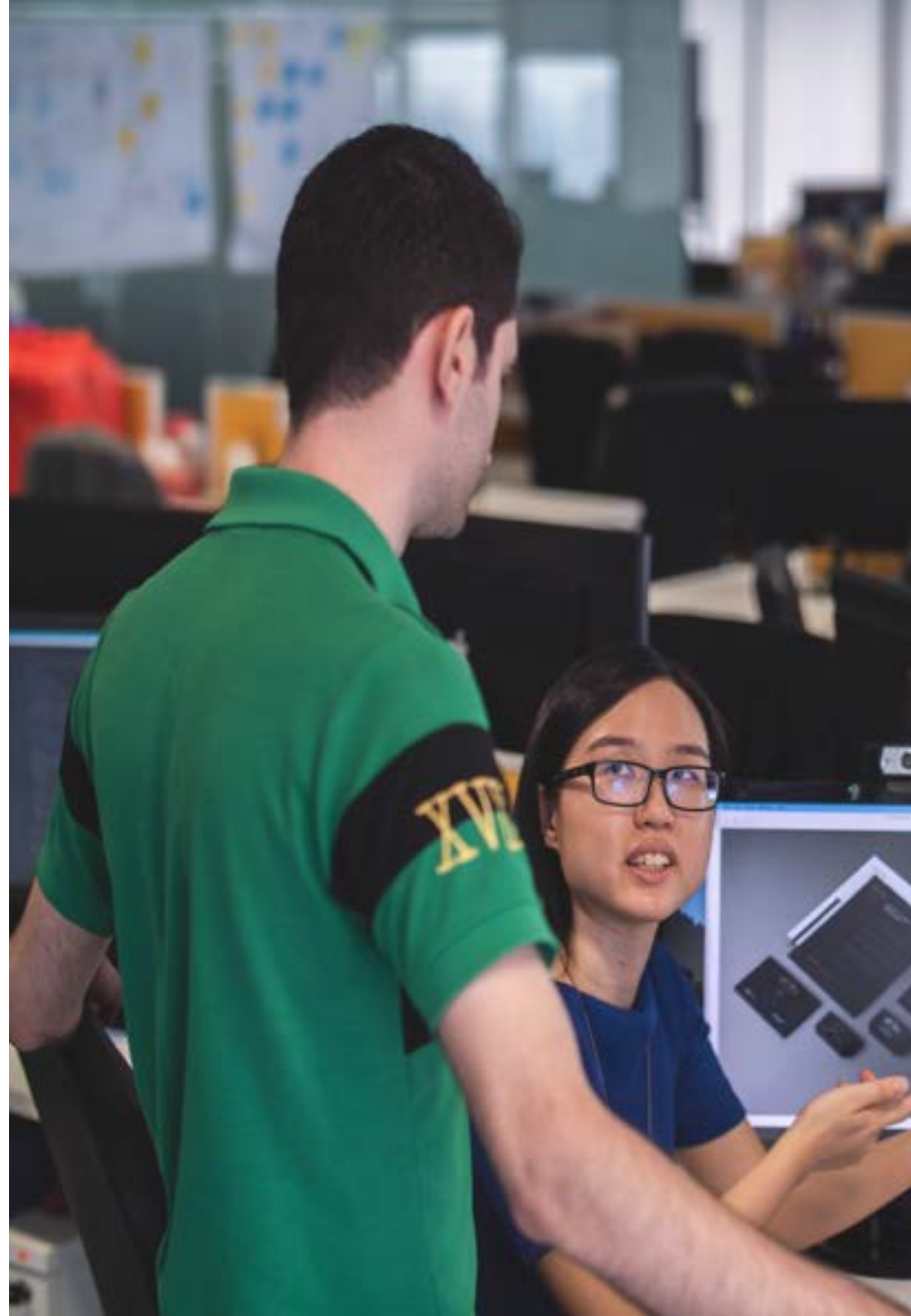
MHFA England

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.





Mental Health Skills for Managers

It has never been more important to invest in the mental health and wellbeing of your people. Research from Deloitte found that 61% of UK employees that had left their job or planned to leave said this was because of poor mental health. To create mentally healthy workplaces it's vital to build supportive relationships between managers and team members.

Delivered by workplace mental health experts, this evidence-based, four-hour training promotes a healthy performance culture. It gives managers the skills and confidence to have conversations about mental health and encourage staff to seek early support.

By investing in the course you will:

- Encourage your people to thrive
- Increase talent retention
- Reduce the impact of presenteeism and long-term sickness absence

Your managers will learn to:

- Feel confident having open conversations about mental health with their team members
- Identify if an employee may be experiencing poor mental health
- Appropriately signpost to available support
- Role model good self-care practice and know where to go for support and guidance for themselves

Why choose MHFA England® training?

- ★ MHFA England are the workplace mental health experts
- 🏢 Evidence-based courses grounded in research, rigorously tested, and developed with input from clinical experts and those with lived experience of poor mental health
- 🔍 Research shows our courses make a lasting impact in people's knowledge and confidence around mental health
- ✅ MHFA England Instructor Members attend a training programme accredited by Royal Society of Public Health (RSPH), ensuring a quality assured and consistent training experience knowledge and confidence



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



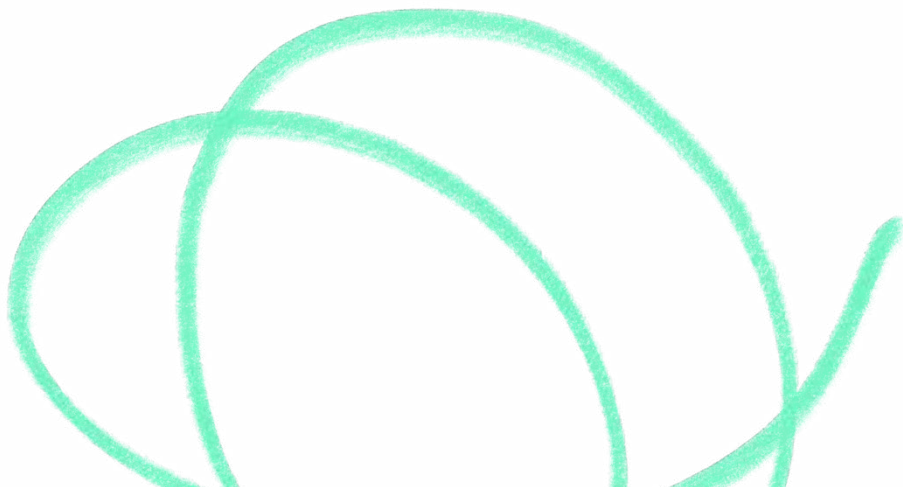
Positive Thinking

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.





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.

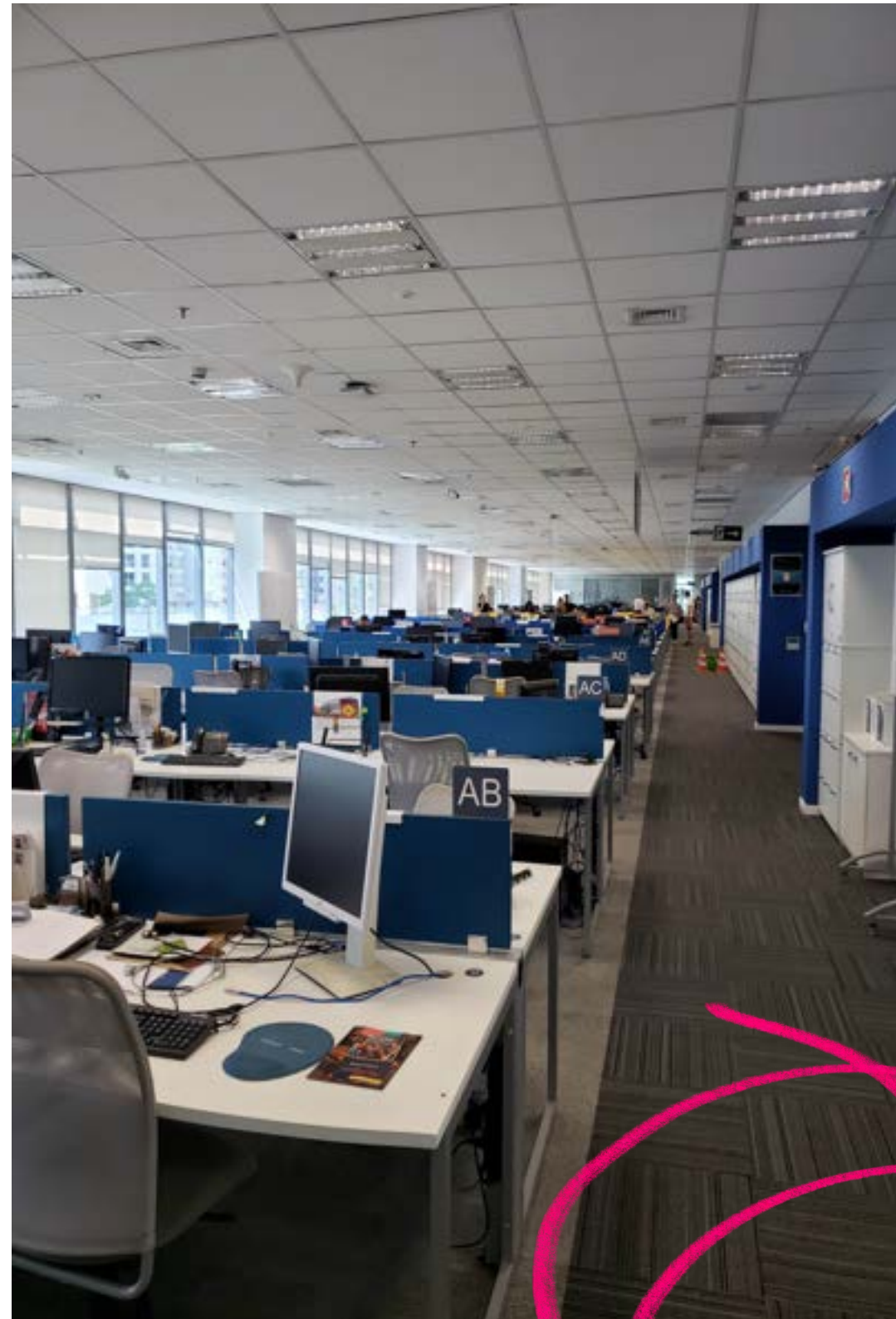
Lunch & Learn, Breakfast & Brief, Dinner & Digest

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.





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.

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.





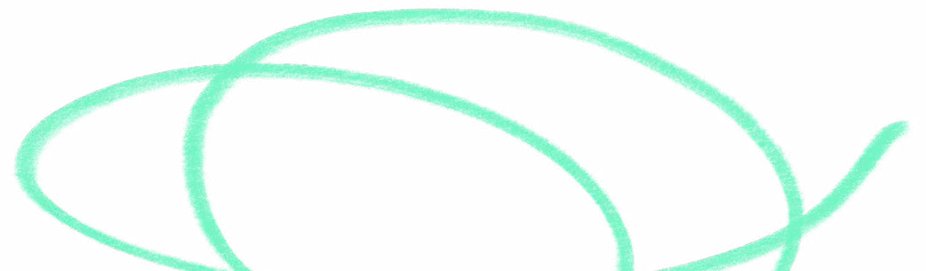
Moodmaster

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.



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.

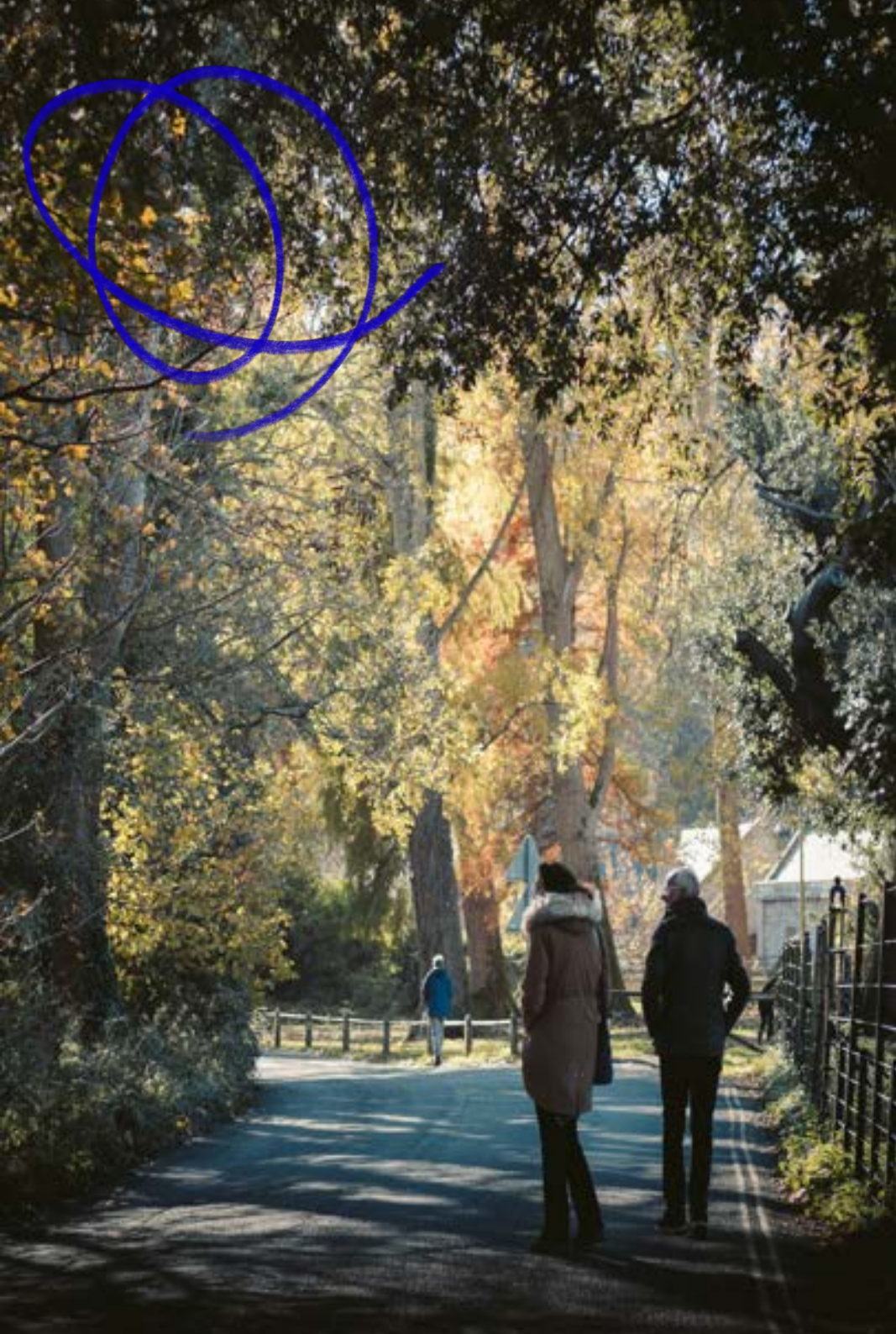
Despite this, for many of us, we either do not take the time to look after our mental health, or we feel it selfish.

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.





Suicide Awareness

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.



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.

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.





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.



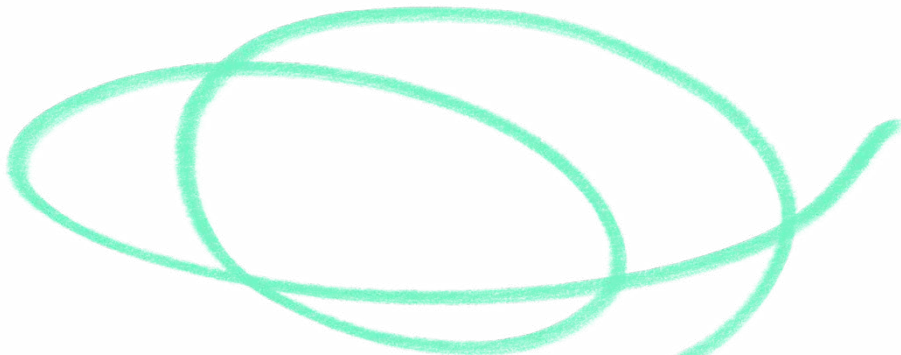
Anxiety & Worry

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.



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.



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.





Grief & Loss Workshop

Bereavement affects everyone in different ways, and it's possible to experience any range of emotions. There is no right or wrong way to feel. Feelings of grief can also happen because of other types of loss or changes in circumstances, for example:

- the end of a relationship
- the loss of a job
- moving away to a new location
- a decline in the physical or mental health of someone we care about.

In this course we cover:

What is grief and loss

Looking at & talking about grief and loss

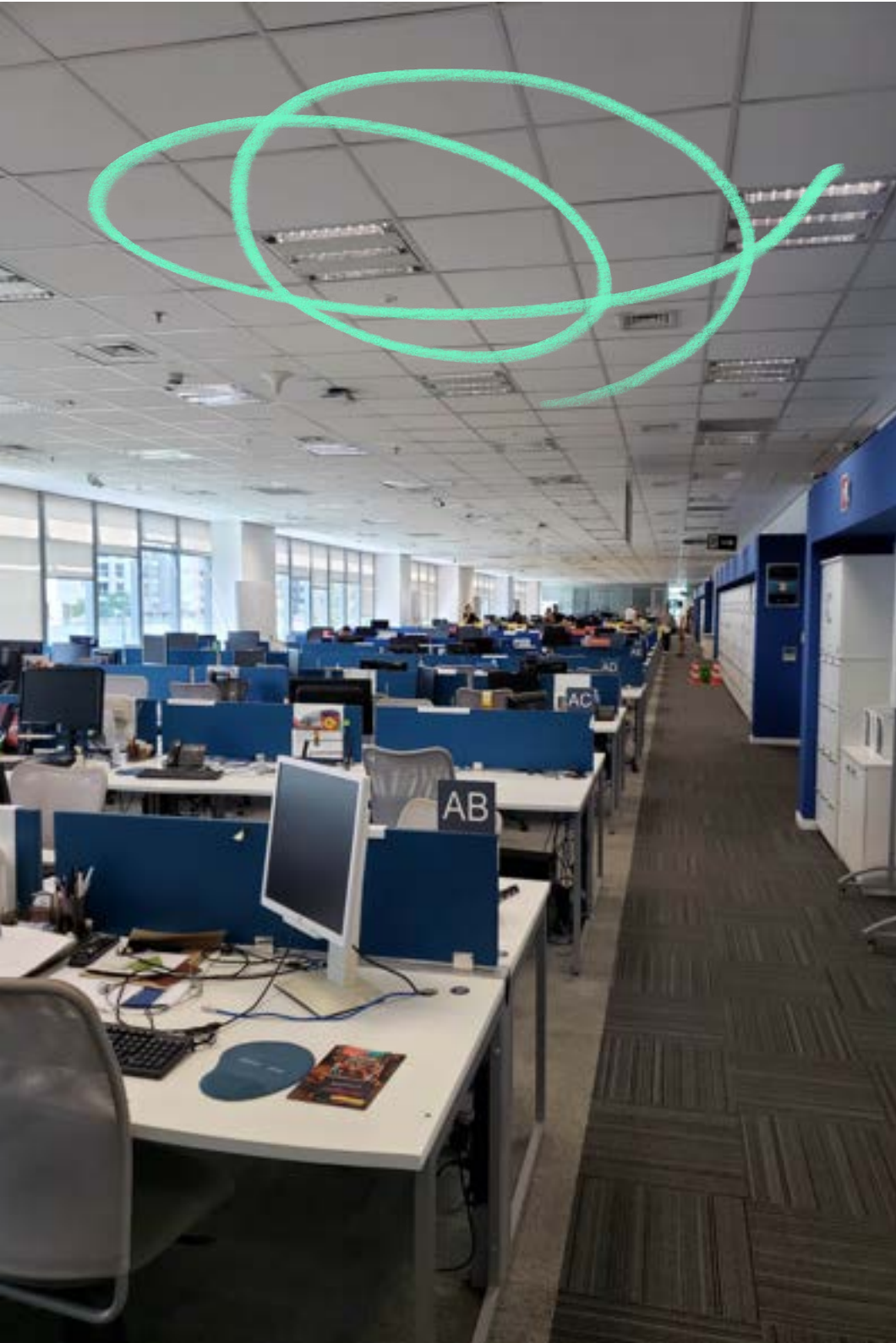
The physical impact of grief

The Grief Cycle

Tools and strategies for managing grief & loss

Planning for the future.

This 2-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?

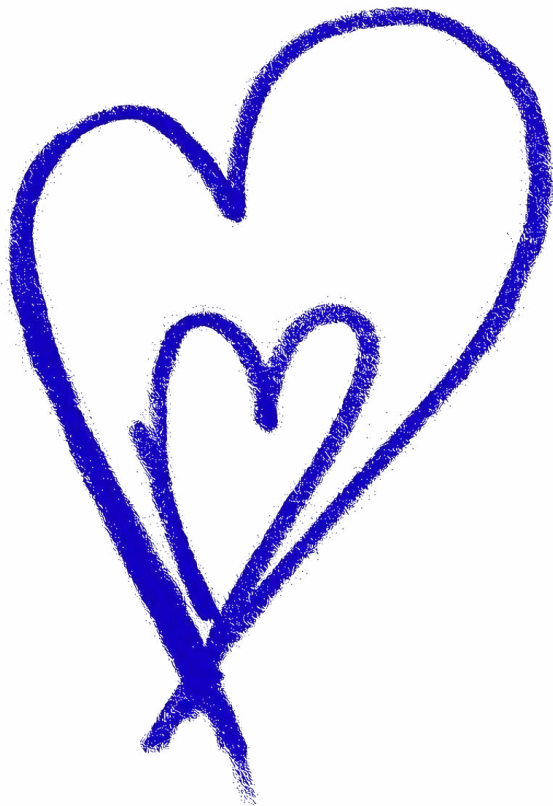


Stay in touch

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South Warwickshire and Worcestershire

Supporting your
mental health and wellbeing.
Empowering you to thrive in
our local **community**.

Find out more:



Scan here to find out more about our services, training, partnerships, volunteering, and mental health support.

Make a donation:



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



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