



Remote Training from Mental Health UK



Contents

[PAGE 3](#) Who we are

[PAGE 4](#) About our training

Course outlines

[PAGE 6](#) Mental Health Awareness

[PAGE 8](#) Mental Health in the Workplace (for Managers)

[PAGE 11](#) Mental Health Champions

[PAGE 15](#) Bite-sized sessions

[PAGE 16](#) FAQs

[PAGE 18](#) Get in touch

- Train the trainer
- Consultancy
- 'Snapshot' – our all-staff survey
- E-learning





We won't stop until everyone has the tools they need to live their best possible life.

Who we are

1 in 4 people in the UK has experienced a mental health problem.

We bring together the heritage and experience of four charities from across the country who have been supporting people with their mental health for nearly 50 years.

Working UK-wide, we deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way.



About our training

Mental health training is one of the key ways we're changing the experience for people affected by poor mental health in this country. We deliver training for a wide variety of audiences via our centrally coordinated training team and our four founding charities.

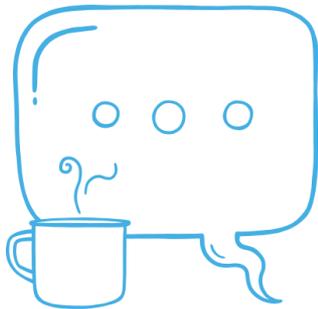
We provide the highest quality introductory mental health training content, delivered using a combination of learning techniques; presentations, discussions, case studies and interactive exercises. We combine theoretical approaches and real-life experiences to produce comprehensive and effective training packages.

Whatever your training needs, we can help you.



About our training

“I took lots away from the course – well worth putting the time aside. I think all line managers should have this training as part of new-to-role training or phased in for any existing managers”



“Very engaging. Open and inclusive environment. Great pre-work to support the session. Informative and thought provoking. Really made me think about my team and family and how I can support better”

“Highly engaging and thought-provoking course. Excellent energy throughout and the knowledge/passion shown from the trainer was infectious.”

“I felt that this was time really well spent. Not just for me to be able to support colleagues but also to support my own mental health and wellbeing.”

Mental Health Awareness

For everyone

Duration:
3.5 hours including breaks

This course aims to shift the perspective on mental health. It helps attendees understand their impact on the 1 in 4 of the population affected by mental health problems as well as how to approach conversations with people who may be living with a mental illness.

Modules

1. What is mental health?

Learning objective:

By the end of this module, delegates will be able to explain mental health as something we all have and evaluate the impact of stigma on society's attitudes to mental health.

We will cover:

- The language we use when discussing mental health and mental illness and the impact this has
- The difference between mental health and mental illness
- We all have mental health
- That everyone's mental health exists on a continuum



2. What is mental illness?

Learning objective:

By the end of this module, delegates will be able to describe some common and less common mental illnesses and their possible signs and symptoms.

We will cover:

- Definitions of 'mental illness'
- How common mental illness is
- Signs and symptoms of general mental ill health
- Some common and less common mental illnesses
- Potential causes and treatments

3. Stigma and discrimination

Learning objective: By the end of this module, delegates will be able to identify practical ways they can challenge stigma.

We will cover:

- Definitions of 'stigma' and 'discrimination'
- Examples of stigma toward mental illness at work
- How stigma negatively impacts people living with mental illness
- Ways you might challenge stigma in your workplace

4. Supportive conversations

Learning objective:

By the end of this module, delegates will be able to list features of a supportive conversation with a colleague who is experiencing poor mental health.

We will cover:

- Reasons people may not speak up about their own mental health/want to ask about someone else's
- Boundaries when supporting others
- Things to try not to do and try to do in a supportive conversation
- Routes to support for crisis and non-crisis situations
- A framework to guide a supportive conversation

5. Your wellbeing

Learning objective: By the end of this module, delegates will be able to describe what wellbeing looks like for them and identify ways to proactively look after it.

We will cover:

- What wellbeing means to you
- The Five Ways to Wellbeing
- The Stress Bucket
- Wellbeing Plans
- One thing you will start or do differently from today

Mental Health in the Workplace (for Managers)

Can be adapted and delivered to managers and/or non-managers

Duration:
3.5 hours including breaks



This course aims to shift the perspective on mental health in the workplace. It helps attendees understand their impact on the 1 in 4 of the population affected by mental health problems, as well as equip managers to respond appropriately and confidently to mental illness in the workplace, acting in-line with relevant legislation.

Modules

1. What is mental health?

Learning objective:

By the end of this module, delegates will be able to identify something we all have and evaluate the impact of stigma on society's attitudes to mental health.

We will cover:

- The language we use when discussing mental health and mental illness and the impact this has
- The difference between mental health and mental illness
- The fact that we all have mental health
- That everyone's mental health exists on a continuum



2. What is mental illness?

Learning objective:

By the end of this module, delegates will be able to describe some common and less common mental illnesses and their possible signs and symptoms.

We will cover:

- Definitions of 'mental illness'
- How common mental illness is
- Signs and symptoms of general mental ill health
- Some common and less common mental illnesses
- Potential causes and treatments

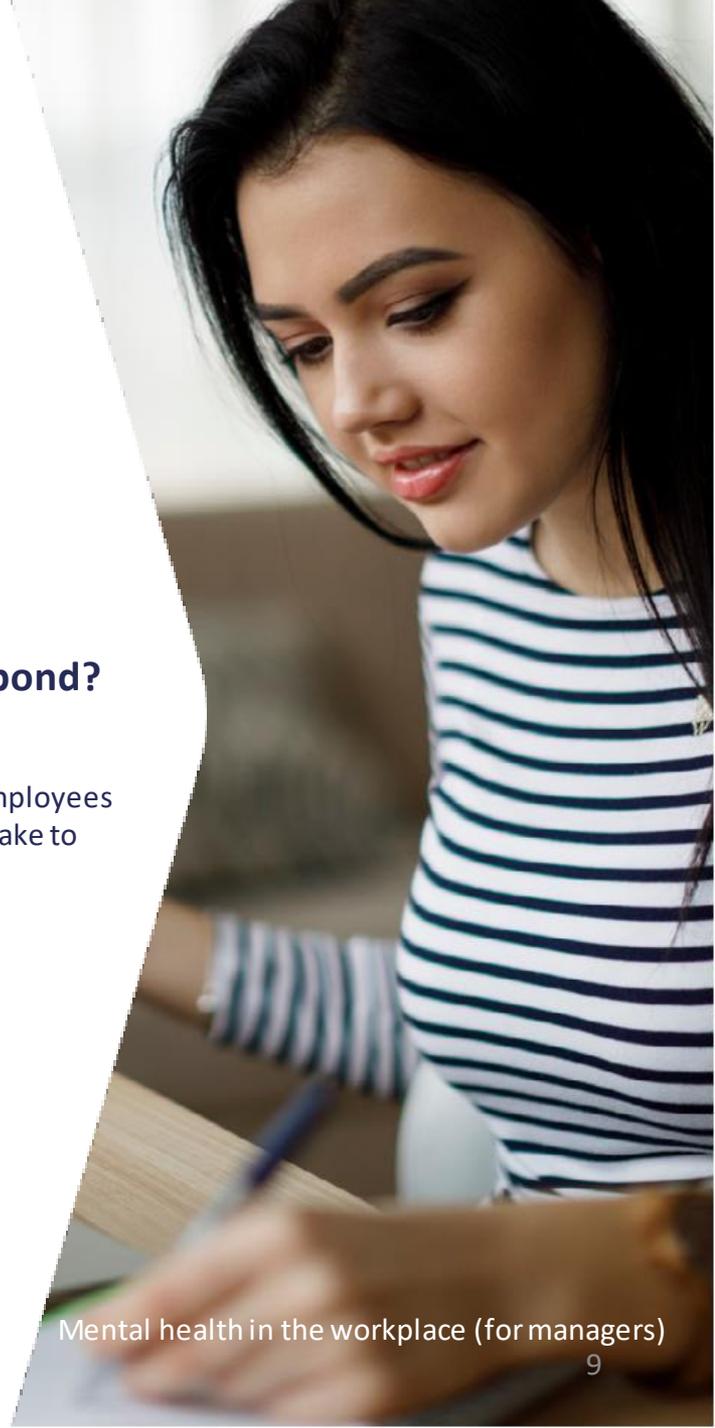
3. Mental illness in the workplace: How can managers respond?

Learning objective:

By the end of this module, delegates will be able to identify key areas where employees might struggle with their mental health and list practical measures they might take to reduce this.

We will cover:

- Recruitment
- Presenteeism & Leaveism
- Asking staff about wellbeing
- Confidentiality and its limitations
- Sickness absence
- Return to work
- Reasonable adjustments
- Stress Risk Assessments
- Wellbeing Plans



4. Supportive conversations

Learning objective:

By the end of this module, delegates will be able to list features of a supportive conversation with a colleague who is experiencing poor mental health.

We will cover:

- Reasons people may not speak up about their own mental health/want to ask about someone else's
- Boundaries when supporting others
- Things to try not to do and try to do in a supportive conversation
- Routes to support for crisis and non-crisis situations
- A framework to guide a supportive conversation

5. Your wellbeing

Learning objective: By the end of this module, delegates will be able to describe what wellbeing looks like for them and identify ways to proactively look after it.

We will cover:

- What wellbeing means to you
- The Five Ways to Wellbeing
- The Stress Bucket
- Wellbeing Plans
- One thing you will start or do differently from today



Mental Health Champions

For your existing or potential
Mental health Champions

Duration:

3.5 hours including breaks



Mental Health Champions are employees within your organisation who, alongside their usual roles, raise awareness of mental health and mental illness in various creative ways.

This is a long-term programme that will be embedded into your organisation.

This network of Champions is a brilliant way to raise awareness and drive cultural change where you work.

However, they should be supported to form a network and given clear instructions regarding tasks they are expected, and not expected, to carry out.

As well as training your Champions, we can work with you to help you decide what you want your Champions to do and how you will set up and maintain their support network.

We can also collaborate to create resources for you and your Champions to use for their awareness-raising activities.

Modules

1. What is a Champion?

Learning objective:

By the end of this module, delegates will be able to give examples of what Champions will and will not do

We will cover:

- Key Champion roles and responsibilities
- Things that are and are not expected of them
- Steps they will take to establish clear boundaries



2. What is mental health?

Learning objective:

By the end of this module, delegates will be able to explain mental health as something we all have and evaluate the impact of stigma on society's attitudes to mental health.

We will cover:

- The language we use when discussing mental health and mental illness and the impact this has
- The difference between mental health and mental illness
- The fact that we all have mental health
- That everyone's mental health exists on a continuum

3. What is mental illness?

Learning objective:

By the end of this module, delegates will be able to describe some common and less common mental illnesses and their possible signs and symptoms.

We will cover:

- Definitions of 'mental illness'
- How common mental illness is
- Signs and symptoms of general mental ill health
- Some common and less common mental illnesses
- Potential causes and treatments

4. Supportive conversations

Learning objective:

By the end of this module, delegates will be able to list features of a supportive conversation with a colleague who is experiencing poor mental health.

We will cover:

- Reasons people may not speak up about their own mental health/want to ask about someone else's
- Boundaries when supporting others
- Things to try not to do and try to do in a supportive conversation
- Routes to support for crisis and non-crisis situations
- A framework to guide a supportive conversation



5. Your wellbeing

Learning objective:

By the end of this module, delegates will be able to describe what wellbeing looks like for them and identify ways to proactively look after it.

We will cover:

- What wellbeing means to you
- The Five Ways to Wellbeing
- The Stress Bucket
- Wellbeing Plans
- One thing you will start or do differently from today

6. Stigma and discrimination

Learning objective:

By the end of this module, delegates will be able to identify practical ways they can challenge stigma.

We will cover:

- Definitions of 'stigma' and 'discrimination'
- Examples of stigma toward mental illness at work
- How stigma negatively impacts people living with mental illness
- Ways you might challenge stigma in your workplace

7. Sharing stories of lived experience safely

Learning objective:

By the end of this module, delegates will be able to describe how to safely share stories of lived experience

We will cover:

- Why stories are powerful transformational tools
- What could go wrong when sharing and how we can prevent this
- The different types of stories

8. Being a Champion

Learning objective:

By the end of this module, delegates will be able to describe what their next steps are and what being a Champion looks like at your organisation

This module is tailored to what you'd like your Champions to do, and we can help you decide this.

We could cover:

- Ways in which they will promote your organisation's benefits e.g. your EAP
- What their next steps are
- What they will be doing on upcoming awareness-raising days



Bite-sized sessions

We offer 50 minute modules covering a variety of topics – see our most popular options below

General topics

1. Managing stress
2. An introduction to supportive conversations with colleagues
3. An introduction to resilience skills

Specific topics

4. Leading the way to a mentally healthy workplace – for senior leaders
5. Your wellbeing as a key worker
6. An introduction to supportive conversations with your customers
7. Your wellbeing when transitioning to new ways of working

Ask us about bundles!

Why 50 minutes?

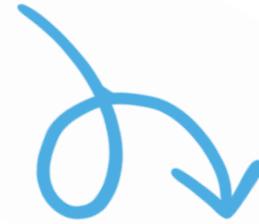
We care about your wellbeing!

Research by Microsoft Human Factors Lab (2021) highlighted the importance of allowing people breaks between virtual meetings.

They found three key takeaways:

- Breaks between meetings allow the brain to “reset,” reducing a cumulative build-up of stress across meetings.
- Back-to-back meetings can decrease your ability to focus and engage.
- Transitioning between meetings can be a source of high stress

FAQs



Are you able to deliver courses remotely or face to face?

All our training is currently delivered remotely.

What software do you use to deliver courses?

We use Webex to deliver our training. We have taken careful consideration of a number of different platforms. You do not need a Webex account to access our training.

Are you able to deliver on other platforms?

As mentioned above, we have found Webex to be the best option for us in terms of delivering our courses and so would prefer to use this. If you have any concerns or questions, do get in touch.

How do I access the course?

You will be sent joining instructions with your booking confirmation. But essentially, you only need to follow the link that we will send you when your booking is confirmed.

Are the courses interactive?

Our online courses are fully interactive to enhance learning and maintain attention.

How much do courses cost?

Course costs are confirmed at the time of booking and will depend on a few factors. But to give you an idea, a bitesize session is typically £500 [+VAT].

How many people can attend a course?

Our optimal group size for a 3.5 hour course is 16 but you are welcome to have up to 20. For shorter sessions, we can accommodate bigger groups.

FAQs continued

Who will deliver my course?

Your dedicated external trainer will be suitably qualified to deliver your course. Our trainers come from a variety of backgrounds, but all have ‘workplace wellbeing’ in common! You can ask more about your trainer at any time and they look forward to introducing themselves to you ahead of your training.

I need to start late/leave early – is that OK?

We believe that paying attention to your mental health, and giving yourself the full duration of the course to consider it, is a really important thing to do. However, we understand (now more than ever) if you have other responsibilities or constraints which mean you have to arrive a few minutes late or leave a few minutes early. Please just let your trainer know.

Can I have a copy of the slides before/after the course?

If you attend our Mental Health Awareness, Mental Health in the Workplace or Mental Health in the Workplace for Managers course you will get an e-pack emailed out to you with lots of helpful information.

Can I record the session?

We pride ourselves on the safe space we create in our virtual training room for delegates and attendees to share openly and honestly their thoughts and feelings on mental health and/or the workplace. This is one reason we do not allow delegates or clients to record the courses. If you are looking for a recorded session or pre-recorded session, this is not something we offer as standard but we would be willing to discuss your needs and see if we could provide this.

Get in touch today

For a quote or to hear more about how we can help you, get in touch with the External Training Team at training@mentalhealth-uk.org

We also offer:

- Train the trainer
- Consultancy
- An all-staff survey – ‘Snapshot’
- e-Learning

training@mentalhealth-uk.org

