



SkillBaseTM
First Aid

MENTAL HEALTH TRAINING

For Organisations & Individuals

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98%

**of our 110,000
first aiders rate us
as excellent**

Our Confidence Guarantee

We all have times in our lives when we are called upon to be a... **hero!**

Our mission is simple, we create superheroes on standby!

Turning the ordinary into extraordinary.

Filling the UK with our superheroes, trained in a way that empowers them to help someone in need, be it with their physical or mental health.

We provide the suite of Adult Mental Health First Aid courses accredited by MHFA England, as well as our own bespoke training courses, sessions and talks.

Believing in the power of education, our ambition is to see parity of esteem between physical and mental health, right across the UK.

We'd like to welcome you onto our mission!

How we're different...

- **We believe** that no one should ever feel anything less than confident in dealing with an emergency.
- **We believe** in our team of dedicated and passionate trainers who are the hero-makers. They equip people with the skills they need to save lives.
- **We believe** in zero stigma surrounding mental health. We want mental health to be openly discussed and supported.
- **We believe** in coaching confidence, not just competence.
- **We believe** in supporting our trained superheroes on standby, that's why we touch base with them throughout the year to ensure the same level of confidence remains.
- **We believe** courses aren't just a qualification, they are a chance to have fun and a great experience!

Our Confidence Guarantee!

We guarantee that everyone who trains with us will leave as a confident first aider, OR we will refund and retrain. So, you can be assured that we are committed to the confidence of your workplace first aiders.



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Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: [skillbasefirstaid.com](https://www.skillbasefirstaid.com)

Mental Health at Work - The Statistics

Around
1 in 4 people
will experience a
mental health
problem this year.

With our training you can...

Retain skills by reducing staff turnover

Staff turnover is estimated to cost the UK £8bn a year. Almost a third (31%) of staff said they would consider leaving their current role within the next 12 months if stress levels in their organisation did not improve. (1)

Reduce 'presenteeism'

Presenteeism - people coming to work and underperforming due to ill health, accounts for two times more losses than absences (2)

Ensure compliance with legislation by understanding the law

If a mental health issue has adverse effects on someone's ability to perform day-to-day tasks, it can be considered a disability protected under The Equality Act 2010. Employers have a duty not to discriminate in these circumstances, and to make reasonable adjustments in the workplace.

Cut sickness absence

Mental ill-health is responsible for 72 million working days lost and costs an estimated £34.9 billion each year in the UK alone. (3)

Note: Different studies will estimate the cost of mental ill health in different ways. Other reputable research estimates this cost to be as high as £74-£99 billion. (1)

Ensure a healthier, happier workplace

35% of people think they would be less likely to get promoted if they had depression, resulting in a loss of diversity and skills throughout organisations. (1) We want both healthier and happier workplaces for everyone!

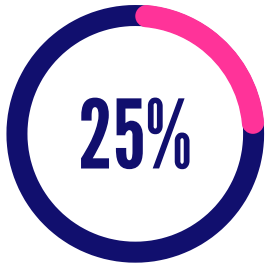
Demonstrate a commitment to corporate social responsibility

According to data gathered by Business in the Community, only 11% of the Top 100 companies in Great Britain have disclosed information about their initiatives to support their employees' mental health in their annual reports. (4) We believe greater public transparency will create a sense of competition between employers, promoting success and driving and maintaining cultural change.

References

1. *Stevenson D, Farmer P. 'Thriving at work: The Independent Review of Mental Health and Employers' 2017*
2. *Work-related stress, depression or anxiety statistics in Great Britain, 2020 by H.S.E*
3. *Centre for Mental Health. 'Mental health at work: The business costs ten years on'*
4. *Business in the Community. FTSE 100 public reporting: employee engagement and wellbeing*

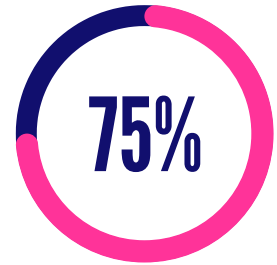
Did you know?



Of people will be affected by mental illness at some point in their lives



Of UK employees feel unable to disclose mental health problems to their employer

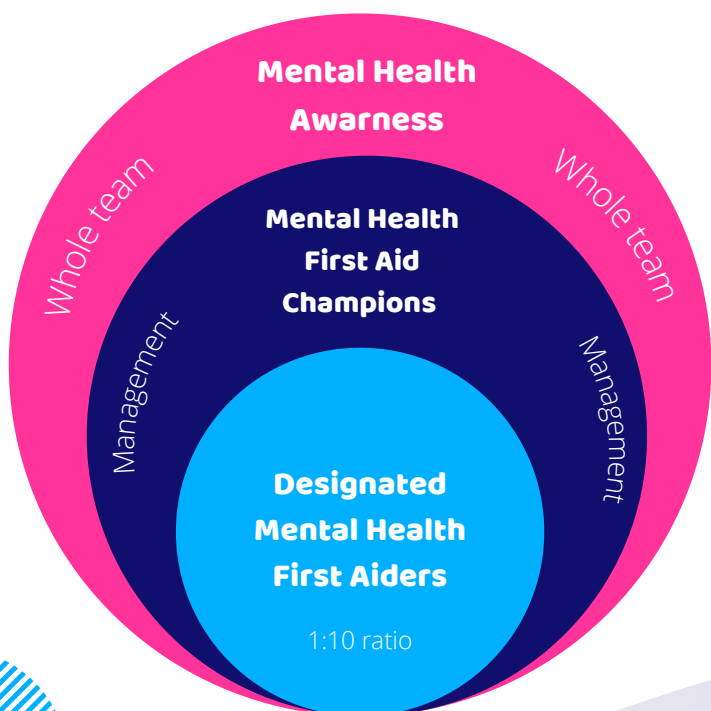


Of people with a diagnosable mental illness receive no treatment at all.

Making a positive impact on these troubling statistics starts with you...

A Whole Organisation Approach

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.



"MHFA has had an immediate and positive impact on our people"

Alan Millbrow - Head of Wellbeing & Recognition, Three UK

SkillBase Mental Health Training

- About

We all have mental health, just as we all have physical health.

The Department of Health advises that **one in four of us will experience mental ill-health at some point in our lives**. It is therefore important that employers and their staff take steps to promote positive mental health and support those experiencing mental ill-health.

Promoting positive mental health in your workplace can be hugely beneficial. Staff with good mental health are more likely to perform well, have good attendance levels and be engaged in their work.

We believe in workplaces where everyone can thrive. We also believe in the role of employers, employees and businesses in creating thriving communities.

Good mental health at work and good management go hand in hand and there is strong evidence that workplaces with high levels of positive mental health are more productive.

Mental Health First Aid (MHFA) Training

MHFA or Mental Health First Aid, is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill-health and provide help on a first aid basis.

Just like physical first aid, MHFA training is focused on an action plan that aims to preserve life, prevent further harm, and promote recovery.

Learning takes place through a mix of group activities, presentations and discussions.

Certification

Upon completion of MHFA training courses, delegates will receive a certificate from MHFA England (the only licensed company in England).

Around
1 in 6 employees

have experienced a mental health issue due to work/where work was a contributing factor

Our Trainers

Our trainers are all qualified via MHFA England who are the only licensed provider of Mental Health First Aid Instructor Training, accredited by the Royal Society for Public Health.

Trainers are then screened through our interview process to ensure the very best quality and highest standard. We practice what we preach and always strive to make sure our trainers are happy at work.

Our trainers have additional expertise within the mental health field and are able to draw upon their experiences, which creates a unique, impacting training journey for your staff.

Materials

Each delegate will receive a comprehensive manual that is theirs to keep and refer to, a workbook and Z-card with first aid details on.

Location

Our associate trainers are located right across England so we are able to come to your place of work for training (*group bookings only*).

We also have our training centres in Leicester and Northampton available should you be local to these areas, or are booking on open courses.

Online Courses

Hosted on the new MHFA England Online Learning Hub. Online courses are particularly useful for those working from home and at various business locations across England.

The frequency of the live sessions is agreed with your organiser but they must be completed within a month of starting.

Refresher Training

We recommend refresher training every 3 years. The half day refresher training is only for people who have completed a Qualified Mental Health First Aider or Champion course.

Our Courses

MHFA

Qualified Mental Health First Aider (MHFA Certified)

Bespoke

SkillBase Talks & Presentations

Mental Health First Aid Champion (MHFA Certified)

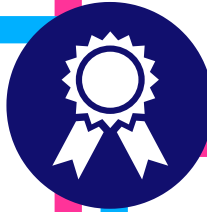
Bespoke Mental Health Awareness

Mental Health Aware Course (MHFA Certified)

Bespoke Mental Health Training for Managers

Also!

MHFA - Refresher
MHFA - Youth



Mental Health First Aid (MHFA) Training

Qualified Mental Health First Aider (MHFA Certified)

Our Adult MHFA course qualifies you as a 'Mental Health First Aider'. We recommend a ratio of 1:10 Mental Health First Aiders in the workplace alongside Mental Health Awareness training for the whole team.

What you will learn

- An in depth understanding of mental health and the factors that can affect wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support - whether that's self-help resources, through their employer, the NHS etc.

Course length & timings

Classroom-based timings: 2 days 09:30-17:00.
(minimum 8, maximum 16 delegates per course)

Online Timings: a total of 9.5 hours of live instructor-led training sessions (split into 4 sessions) and a total of 7 hours of individual learning.

*The introduction of
Mental Health First
Aider's has led to a
cultural revolution
across Thames Water.*

**Karl Simons, Chief
Health, Safety and
Security Officer for
Thames Water**

Mental Health First Aid Champion (MHFA Certified)

The one-day Mental Health First Aid course qualifies delegates as an Adult 'MHFA Champion'.

A practical skills and awareness course designed to give:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill-health
- Skills to support positive wellbeing

Course length & timings

Classroom-based timings: 1 day 09:30-17:00.
(minimum 8, maximum 16 delegates per course)

Online Timings: 2x Live instructor-led sessions
(minimum 8, maximum 16 delegates per course)

Mental Health Aware Course (MHFA Certified)

The half day course is an introductory four-hour session to raise awareness of mental health.

It is designed to help you:

- Understand what mental health is and how you can help change stigma
- Understand some common mental health issues
- To consider your own mental health and maintaining wellbeing
- Have the confidence to start conversations about mental health and help someone who is in emotional distress or who may be experiencing a mental health issue.

Course length & timings

Classroom-based timings: half-day (4 hours)
(maximum 25 delegates per course)

Online timings: 4 hours live of instructor-led training
(maximum 25 delegates per course)

Youth Mental Health First Aid (MHFA) Training

Around
1 in 10
young people
experience a mental
health issue at any
one time.

Record levels of young people are struggling. Did you know suicide is the leading cause of death for those aged 5-19?

Academic pressure, social media, bullying, poverty, lack of availability of professional mental health support – all have been named by various sources as contributing to this epidemic of poor mental health in our young people. It's clear that young people are not getting the support they need. Key figures in a young person's life – parents, family members, teachers, tutors, carers, youth workers – can often spot when a young person is struggling but may not know how best to help.

Qualified Youth Mental Health First Aider (MHFA Certified)

Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

What you will learn

- An in-depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability, to thrive
- Tools to look after your own mental wellbeing

Youth Mental Health Champion (MHFA Certified)

This one day course qualifies you as a Youth MHFA Champion, giving you:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Youth Mental Health Aware (MHFA Certified)

This introductory four-hour session raises awareness of young people's mental health. It covers:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Skills to work more effectively with young people living with mental health issues
- Ways to support young people with a mental health issue and relate to their experiences

All course lengths and timings are the same as our Adult MHFA courses on page 6.

Let's create a future where mental health is treated as a normal part of life, in the same way as physical health. A future where every young person has access to support if they need it.

MHFA England

Bespoke Mental Health Training

Bespoke courses are written and provided by our trainers, who are accredited by MHFA England.

For too long stigma and taboos have fuelled fear and misunderstanding around mental ill-health and prevented people from speaking out and seeking help.

SkillBase bespoke mental health training is based on the understanding that mental health and wellbeing, like physical health, can be sustained and improved through some simple yet effective steps.

Communication is vital.

The organisations that are leading the way in understanding, identifying and supporting the need for good mental health in the workplace are investing in developing their people.

Tailored To Your Organisation

We work alongside you to create content tailored to your place of work, that suits your needs, from introductory two-hour sessions through to curated programmes on a rolling monthly / quarterly / yearly basis.

Learning takes place through a mix of group activities, presentations and discussions. These are designed to engage, educate and promote mental health awareness amongst employees.

Talks & Presentations

If you're just starting out with your plans to improve employee wellbeing and mental health, sometimes an introductory talk to your team is a great place to start.

Or, if you're looking for an awareness talk to compliment an event at your workplace we can help you! **Our talks are usually two hours** and we cover a range of topics, such as;

- General mental health awareness
- Mental health in the workplace
- Stress management
- First aid for depression
- Mindfulness
- How to look after your own wellbeing

Bespoke Mental Health Awareness

This is our bespoke course, designed with you to provide;

- An introduction to what mental health is and how to challenge stigma
- A basic understanding of some common mental health conditions, particularly in the workplace
- Practical ways in which you can start to help someone
- An introduction to looking after your own mental health and maintaining wellbeing
- A look at supporting mental health in the workplace with useful resources

Course length & timings

Classroom-based timings: 4 hours

(Up to 25 delegates per course)

Online timings: 4 hours of live instructor-led training.

Supporting mental health in the workplace is not just a corporate responsibility; staff who have positive mental health are more productive, and businesses who promote a progressive approach to mental health can see a significant impact on business performance. So it's about good business too.

Dr Justin Varney
National Lead for Adult Health and Wellbeing
Public Health England

Please note our Bespoke Mental Health talks & courses are certified by us, SkillBase First Aid, and delivered by one of our accredited Mental Health First Aid (MHFA) Instructors.

Bespoke Mental Health Training

Bespoke Mental Health Training for Managers

If someone is experiencing mental ill-health, would your line managers feel confident in supporting this individual in the workplace? By support, we mean, knowing how to manage reasonable adjustments in the workplace and creating the right wellbeing plan with that individual. With the right support and plan, this individual can still continue to thrive at work.

This is our bespoke course, designed with you to provide;

- A deeper understanding of mental health, the factors that can affect people's wellbeing, including their own
- Practical skills to spot the triggers and signs of mental health issues
- Supporting mental health in the workplace
- Confidence to step in, reassure and support someone in mental health distress or crisis
- Enhanced interpersonal skills such as non-judgemental listening
- A closer look at resources and workplace policies and procedures to ensure managers are effectively supporting staff health and wellbeing

Course length & timings

Classroom-based timings: 1 Day 09:00-17:00

(Minimum 8 delegates, maximum 16)

Online timings: Typically 4 hours of live instructor-led training with 4 hours of individual learning in-between sessions.

We spend more time at work than we do at home. It makes sense that we strive to be happy at work, so we can also be happy at home!

Ceri Morris
Mental Health Training
Manager SkillBase First Aid

Here are just some of the topics we typically include for line manager training, allowing delegates to become more confident and competent.

- **We look at helpful resources and how to use them.** We recognise that workplace settings are diverse with strategies designed to improve mental health outcomes for all, however being guided by one of our accredited MHFA trainers, we can make them work for you.
- **Workplace pressure support plan.** A practical worksheet designed to work for both the line manager and the employee they are managing.
- **Guidance on signposting,** further information and where to look for appropriate support.
- We look at the National Institute for Health and Care Excellence (**NICE**) **guidelines** and how these guidelines can help your line managers.
- **Identifying early warning signs and talking at an early stage.** Line managers should know their team better than anyone. They are therefore ideally placed to spot the early warning signs of mental ill-health.
- We delve into **recruitment and promotion,** offering practical guidance to managers on how to manage this process for someone who has or has had a mental health condition.
- Exercises for **non-judgemental listening** and a closer look at empathy.
- Keeping in touch during **sickness absences,** returning to work and reasonable adjustments.
- Managing the wider team, looking at appropriate ways to **manage confidentiality** and morale.
- **Terminology.** We cover why terminology is important when talking about mental health or dealing with someone who is experiencing mental ill-health.

Prices | Classroom-based

Good to know...

- Classroom-based courses are provided at your premises, a location of your organising, or if you are local to our training centres in Leicester & Northampton, they can be held here.
- Please note the minimum and maximum number of delegates for each course.
- All courses are delivered by an accredited MHFA trainer.
- Course prices for classroom-based learning are divided into locations, outside and inside the M25.
- Our pricing structure is transparent. There are no hidden costs such as mileage or certification. Prices exclude VAT.

I am more convinced than ever of the importance of mental wellbeing workplace tools, support and signposting. We will continue to build an inclusive culture through raising awareness and mental health tools such as Mental Health First Aid training.

**Dr Shaun Davis, Global Director of Safety, Health & Wellbeing
The Royal Mail**

Course Title	Price (per course)	
	Outside M25	Inside M25
Talks and Presentations Up to 50 people	£506	£616
Bespoke Mental Health Short Course Up to 25 people	£660	£770
Bespoke Mental Health Awareness Up to 25 people	£825	£935
Bespoke Mental Health Training for Managers Min 8 Max 16	£1,375	£1,485
Mental Health 'Aware' (MHFA Certified) Up to 25 people	£1,100	£1,210
Mental Health 'Champion' (MHFA Certified) Min 8 Max 16	£1,496	£1,650
Qualified Mental Health First Aider (MHFA Certified) Min 8 Max 16	£2,310	£2,475
Mental Health First Aid Refresher (MHFA Certified) Up to 25 people	£1,100	£1,210
Youth Mental Health 'Aware' (MHFA Certified) Up to 25 people	£1,100	£1,210
Youth Mental Health Champion (MHFA Certified) Min 8 Max 16	£1,496	£1,650
Qualified Youth Mental Health First Aider (MHFA Certified) Min 8 Max 16	£2,310	£2,475

Supporting the mental wellbeing of our staff with Mental Health First Aid (MHFA) is an essential part of ensuring our employees operate at the very top of their game.

Katie Gledhill,
Head of HR Advisory and Resourcing
Slaughter and May

Good to know...

- Online courses can be provided to any organisation in England. If you are needing to train divisions internationally, we can accommodate this, as long as the head office is situated in England. (Please ask for more details).
- Please note the minimum and maximum number of delegates for each course.
- All online courses are delivered by an accredited MHFA trainer.
- Online course timings (as provided above in the course details section) can be changed to suit your organisation.
- Our pricing structure is transparent. There are no hidden costs such as certification. Prices exclude VAT.

Course Title	Price (per course)
Talks and Presentations Up to 100 people	£396
Bespoke Mental Health Short Course Up to 25 people	£616
Bespoke Mental Health Awareness Up to 25 people	£660
Bespoke Mental Health Training for Managers Min 8 Max 16	£1,320
Mental Health 'Aware' (MHFA Certified) Up to 25 people	£990
Mental Health 'Champion' (MHFA Certified) Min 8 Max 16	£1,386
Qualified Mental Health First Aider (MHFA Certified) Min 8 Max 16	£1,980
Mental Health First Aid Refresher (MHFA Certified) Up to 25 people	£990
Youth Mental Health Aware (MHFA Certified) Min 8 Max 16	£990
Youth Mental Health Champion (MHFA Certified) Min 8 Max 16	£1,386
Qualified Youth Mental Health First Aider (MHFA Certified) Min 8 Max 16	£1,980

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: skillbasefirstaid.com

Prices | Individual Places

Good to know...

- Classroom-based courses are provided at our training centres in Leicester & Northampton.
- Details on directions, parking and refreshments are available upon booking.
- All courses are delivered by an accredited MHFA trainer.
- Upon completion of any course, you will receive useful resources and toolkits.
- Our pricing structure is transparent. There are no hidden costs such as certification. Prices exclude VAT.
- Further Bespoke courses will become available in 2021, please ask for more details.

I loved the MHFA course. There were clear guidelines, easy to remember advice (ALGEE). Resources were excellent. Found the whole course really confidence inspiring. I've done an advanced diploma in counselling but really like the practical aspect of this course. Excellent!

Claire, ProQuest

Course Title	Price (per person)	
	Classroom	Online
Mental Health 'Aware' (MHFA Certified)	£125	£100
Mental Health First Aid 'Champion' (MHFA Certified)	£200	£180
Qualified Mental Health First Aider (MHFA Certified)	£295	£260
Mental Health First Aid Refresher (MHFA Certified)	£125	£100
Qualified Youth Mental Health First Aider (MHFA Certified)	£295	£260
Youth Mental Health 'Champion' (MHFA Certified)	£200	£180
Youth Mental Health 'Aware' (MHFA Certified)	£125	£100
Bespoke Mental Health Awareness	£95	£75

Contact us to book your course

Call our friendly team today: 0330 335 1234. Book online: skillbasefirstaid.com



LET'S TALK MENTAL HEALTH!

Book a **free** phone consultation with one of
our mental health training team.

Click [here](#)!



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