



SkillBaseTM
First Aid

**Fundamental
Wellbeing
Training**

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Turning people into *HEROES*



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

Our mission is simple, we create heroes-on-standby!

Turning the ordinary into extraordinary.

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

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

What is a SkillBase hero?

A real person, who in the face of adversity, steps up to make a difference with knowledge, courage and confidence.

We'd like to welcome you onto our mission!



98% of over 125,000 delegates rate us as excellent!



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 heroes-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!



**of people will experience
a mental health problem
each year**

First things first...

Why have we created this course?

The demand for mental health training is increasing as many organisations move towards creating a wellbeing strategy that allows them to focus on their people.

More and more organisations are curious about what mental health is and more importantly how they can support people who experience mental ill-health. The statistics show us that 25% of people will experience a mental health problem each year which highlights the importance of increasing our education and awareness around the subject.

Over the last 2 years, in collaboration with a number of mental health professionals, therapists, trainers and wellbeing specialists, SkillBase are proud to have produced the **'Fundamental Wellbeing'** series of courses.

Along with our passion for the parity of esteem between physical and mental health, we also created the courses as:

- A response in requests and demands from current customers and partners
- A focus on confidence and not just competence within mental health training
- Training that was in line with our current SkillBase products
- Helping organisations fulfil their wellbeing strategy by being able to deliver both physical and mental health training.



'Fundamental Wellbeing First Aid'

- 2 day course (online or classroom)

This fantastic workshop-style course gives delegates an insightful understanding of mental health and mental health problems. At the end of the course you will be a 'Mental Wellbeing First Aider'.

We'll spend lots of time working on resilience and self-care, and empower people to have the confidence to step in and offer support to others when needed.

Packed with practical advice, delegates will be able to spot signs of declining mental health, and by using a practical action plan, be able to appropriately offer someone help both in an emergency and longer-term situation.

Throughout our workshop-style sessions, we will have lots of time to discuss specific mental health conditions, work through case studies and become better prepared to help ourselves and guide and support those around us.

This course isn't about having all the answers, and it's not about teaching people to have all the solutions to other people's problems. It's about genuine empathy for others and helping individuals recognise early warning signs to help prevent illness or decline in wellbeing.

Course Content

This course is designed to give delegates...

- A real-life understanding of mental health and mental ill-health, and increasing mental health literacy.
- Skills to help people recognise declining levels of wellbeing in themselves or others.
- Confidence in recognising a range of mental health conditions and concerns.
- Confidence in approaching someone for help or offering help to others in the form of an action plan.
- Practical, real-life ways to help people.
- The foundations for reducing stigma and empowerment of individual mindset shifts.

Module 1: Mental Health Matters

- What is mental health?
- Thoughts, feelings & behaviour
- How common are mental health problems?
- Mental health as a spectrum
- Mental health alarm bells
- Stigma
- Wellbeing & recovery

Module 2: The Pressure Pot

- What is pressure?
- What is stress, and how might it make us think, feel & behave?
- Helpful wellbeing strategies
- Unhelpful coping methods
- Stress self-care (I. A.M. C.A.L.M.E.R.)

Module 3: Mental Health First Actions

- Our role as a 'Mental Wellbeing First Aider'
- How to approach someone who may have a mental health problem
- What is a crisis?
- Talking & listening
- Getting help & support
- Promoting wellbeing
- Looking after ourselves

Module 4: Experiencing Anxiety

- What is anxiety?
- Anxiety Disorders
- Anxiety alarm bells
- A.C.T.I.O.N.S. for anxiety
- Common anxiety problems & chronic cycles

Module 5: Experiencing Depression

- What is depression?
- Why do people experience depression?
- Alarm bells
- Psychotic symptoms
- Suicide
- A.C.T.I.O.N.S. for depression

The content and delivery is absolutely first class. Depth of knowledge and pace of delivery was entirely appropriate to get the amount of information across in a way that will be retained.

- BHS Delegate

Great to know!

Designed For...

This course is suitable for all adults and can be applied in the workplace, community, and our own lives. You do not need any previous knowledge of mental health topics - however, if you have completed other courses such as Mental Health First Aid (MHFA), this course will complement and build upon your existing knowledge.

More...

- This course is in line with the Health & Safety Executive's (HSE) 'Mental Health Conditions, Work and The Workplace' guidance.
- Each delegate will get a certificate from SkillBase First Aid qualifying them as a 'Mental Wellbeing First Aider'. It is recommended that delegates upskill their knowledge and skills in mental health every 3 years.
- Each delegate will also get a copy of our user-friendly manual, 'The Good Mental Health Guide'.
- This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests - we'll assess the course in a relaxed and non-threatening way!
- Don't forget that all of our courses are backed by our 100% Confidence Guarantee!

This course is designed to be delivered across **two days live online** with your trainer OR in person. The course is 12 hours in length, typically run from 09:30 - 16:30 on each day to cover all five modules with plenty of breaks.

Pricing

'Fundamental Wellbeing First Aid' - Online

Booking for yourself?

(open dates available on our website)

£240 (+vat)

Booking for a group?

- for up to 12 delegates

£1,700 (+vat)

Prices are exclusive of VAT. Includes delivery of materials and certification.

**Looking for face-to-face training?
Get in touch today
for a quote!**

Why Fundamental Wellbeing?



We focus on how to practically apply your knowledge with an emphasis on how we can help each other as opposed to focusing on medical diagnostics. We see this as a focus on action and change.



We provide a practical action plan to help you guide someone, offer support and look after your own mental health.



We place a large emphasis on providing ongoing support, nurturing wellbeing and self-care and we don't put a barrier to helping children and young people with their mental health .



We have a relaxed, fun, workshop feeling, so that everyone is comfortable. We believe that people learn better that way.



Our courses are about genuine empathy for others and helping individuals recognise 'alarm bells' to help prevent illness or decline in wellbeing.



Our courses are all about increasing confidence and not just competence. In fact, we guarantee it! We guarantee that everyone who trains with us will leave as confident – or we will refund and retrain, so you can be assured that we are committed to the confidence of your 'Mental Wellbeing First Aider's'.

Don't just take our word for it...



"I found this one of the most informative and rewarding courses I have ever been on! A truly enlightening course. Completely changed my perspective on Mental Health. Thank you!"

Adept

"The course was well managed, informative & inspiring. The trainer allowed us to express ourselves in an open and comfortable arena. As well as enabling me to feel more confident in my ability to help others, the course has helped me to feel stronger & more empowered in managing my own wellbeing."

Royal Enfield

"I can't express in words how much I have gotten from the course and how motivating it was for me! The course has helped me on every level professional, parenting, friendships and my own mental wellbeing. Thank you!"

Age UK

"The course was enlightening, emotional and opened up my eyes, I didn't expect to learn so much! The two days were invaluable and our trainer's delivery was excellent, very personable and open. I am very grateful."

J McCann

"Absolutely fantastic! This course isn't created to make us medical professionals, but to help people in everyday life that may be 'struggling' and just need support. I feel confident now that I can begin this conversation and guide where the next best steps may be to make them happier and healthier in everyday life."

British Horse Society

Learn how to teach mental wellbeing with confidence on our 5-day 'train the trainer' course!

Fundamental Wellbeing Instructor Training

- 5 day course (online)

- If you are looking to teach mental health and wellbeing courses independently or for your workplace and community, this is the ideal course for you!
- Designed around confidence, you'll get to see a range of training skills and techniques, and have an informal practice to make sure you're comfortable!
- You don't need previous experience in teaching mental health and wellbeing as this course will give you all the skills and confidence you need!
- You will get the chance to join our national instructor network for free - helping you to keep compliant and providing you with all the support and resources you will need!
- After completing this course you will be able to teach our suite of Fundamental Wellbeing courses which includes 2 day, 1 day, and 1/2 day courses.

Pricing

Booking for yourself?

(Online open dates available on our website)

£780 (+vat)

Booking for a group?

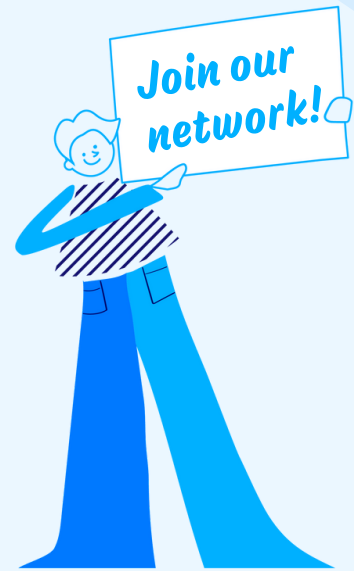
You can train up to 6 delegates per group, online or face-to-face. Get in touch for a quote!

Prices are exclusive of VAT. Includes delivery of materials and certification.

Great to know!

Instructor course format...

This course is designed to be delivered across [5 days live online](#) with your trainer. The course will run from 09:30 - 16:30 on each day with plenty of breaks.



First things first...

To be able to teach the course, you need to take the course! The first two days of the instructor course will take you through the '*Fundamental Wellbeing First Aid*' course. You will experience the course content first-hand, how it runs, and most importantly gain an understanding of how to manage and empower a delegate's learning journey. With all your new knowledge from these two days, you will then begin your journey on how to teach, with confidence.

Day 3

Day 3 will cover the principles of teaching the course. You will get an overview of how the course helps people to learn about mental health, and with facilitation training, how you can manage your group's learning. We will give you the confidence to teach delegates the importance of empathy and increase both yours and your delegate's skills and knowledge around mental health and wellbeing. We will cover terminology, training styles and prepare you for delivering a section of the course to your fellow instructors on days 4+5.

Days 4+5

On days 4+5, with full support and guidance, you will have the opportunity to deliver a pre-prepared section assigned to you from the '*Fundamental Wellbeing First Aid*' course, as the practice part of the training. During these days you will gain feedback on your training, and understand how to bring your own skills and training styles to the course with confidence!

After the training...

Following your *Fundamental Wellbeing Instructor* training, you will have one-on-one feedback with your instructor trainer and we will support you to arrange partnership delivery of the course, which will allow you to be signed off. You will also have the opportunity to join our community of instructors for ongoing support (for free!)

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consultation to discuss your
workplace first aid, health &
wellbeing needs.**

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Confidence, not just competence