

# *Fundamental Wellbeing Training*



Turning people  
into  
**HEROES**



We  turning people into heroes with our  
***Fundamental Wellbeing Training!***

We're on a mission to create equal numbers of Mental Wellbeing First Aiders to First Aiders in the workplace. Trained in a way that gives them confidence, not just competence, on our realistic, engaging and relaxed courses

**What is a SkillBase hero?**

A SkillBase Hero can hear the alarm bells, no matter how subtle or loud, that someone is distressed or in need, and they have the confidence and courage to act.

***Be part of our mission!***



# 98%

of over 125,000  
delegates rate us  
as excellent!



## How we're different...

- **We believe** that no one should feel anything less than confident to approach someone in need
- **We believe** in our team of dedicated and passionate trainers who are the hero-makers. They equip people with the skills they need to approach someone in need.
- **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 and offer free annual skills update courses, 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!



# Why Choose Fundamental Wellbeing?

**1 in 4 people**



will experience a mental health problem every year



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.



Your team will learn a practical action plan to help them guide someone, offer support and look after their own mental health. We put a large emphasis on providing ongoing support, nurturing wellbeing and self-care.



Our courses are inclusive and do not put a barrier to helping children and young people with their mental health.



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



The Fundamental series of courses is all about having 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, not just competence. In fact, we guarantee it! We guarantee that everyone who trains with us will leave feeling confident and empowered! Or we will refund and retrain, so you can be assured that we are committed to the confidence of your 'Mental Wellbeing First Aiders'.



The Fundamental series of courses is all about having genuine empathy for others and helping individuals recognise 'alarm bells' to help prevent illness or decline in wellbeing.

# *The Fundamental Wellbeing Series*

## **Courses are designed to give delegates...**

- A real-life understanding of mental health and mental ill-health, 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 empowering individual mindset shifts.

# Fundamental Wellbeing First Aid - 2 days

**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.**

## Loved by

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 wellbeing training, this course will complement and build upon your existing knowledge.

## We'll cover

- What is mental health?
- Common mental health problems
- Mental health as a spectrum
- Mental health alarm bells
- Stigma & discrimination
- Mental health literacy
- Stress & pressure
- Helping wellbeing strategies
- Self-care
- Wellness & recovery
- First Aid A.C.T.I.O.N.S© plan
- Anxiety & alarm bells
- A.C.T.I.O.N.S© for anxiety
- Depression & alarm bells
- A.C.T.I.O.N.S© for depression
- Panic attacks & panic disorders
- Eating problems, phobias and O.C.D
- Reflection
- Case studies
- And so much more!

## Great to know

- This course qualifies you as a 'Mental Wellbeing First Aider' in the workplace.
- Delegates will receive a handy resource pack including a combined workbook & manual, A.C.T.I.O.N.S© card lanyard, badge, and e-certificate.
- Courses are in line with the Health & Safety Executive's (HSE) Mental Health Conditions, Work and The Workplace' guidance
- Courses are fun and interactive workshops, 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!

# Fundamental Wellbeing Supporter

## - 1 day

On this 1 day workshop-style course, individuals will gain an insightful understanding of mental health and wellbeing.

### Loved by

Suitable for all adults, the Fundamental Wellbeing Supporter is popular with people manager's with a focus on how to support colleagues and your own wellbeing.

### We'll cover

- What is mental health?
- Common mental health problems
- Mental health as a spectrum
- Mental health alarm bells
- Stigma & discrimination
- Mental health literacy
- Stress & pressure
- Helpful wellbeing strategies
- Self-care
- Wellness & recovery
- First Aid A.C.T© plan
- Anxiety & alarm bells
- Case studies
- Reflection
- And so much more!

### Great to know

- This course qualifies you as a 'Mental Wellbeing Supporter' in the workplace.
- Delegates will receive a handy resource pack including a combined workbook & manual, A.C.T.© card lanyard, badge, and e-certificate.
- Courses are in line with the Health & Safety Executive's (HSE) Mental Health Conditions, Work and The Workplace' guidance
- Courses are fun and interactive workshops, 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!
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# Fundamental Wellbeing Foundations

## - 4 hours

This awareness course covers the foundations of Fundamental Wellbeing First Aid.

### Loved by

Popular in workplaces, Fundamental Wellbeing Foundations provides a solid awareness of mental health and wellbeing for wider teams.

### We'll cover

- What is mental health?
- Common mental health problems
- Mental health as a spectrum
- Mental health alarm bells
- Stigma & discrimination
- Stress & pressure
- Stress alarm bells
- Wellness & recovery
- First Aid A.C.T.© plan
- Reflection

### Great to know

- This course qualifies you as 'Mental Wellbeing Aware'.
- Delegates will receive a handy resource pack including a combined workbook & manual, A.C.T.© card lanyard, badge, and e-certificate.
- Courses are in line with the Health & Safety Executive's (HSE) Mental Health Conditions, Work and The Workplace' guidance
- Courses are fun and interactive workshops, 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!



# Fundamental Wellbeing Essentials

## - 2.5 hours

**This short introductory course teaches individuals essential knowledge and awareness around mental health.**

### Loved by

The Fundamental Wellbeing Essentials course is for anyone who would like a better understanding of mental health and how to provide initial help.

### We'll cover

- What is mental health?
- Common mental health problems
- Mental health as a spectrum
- Mental health alarm bells
- Stigma & discrimination
- Stress & pressure
- Helpful wellbeing strategies
- Wellness & recovery
- A look at the A.C.T© plan

### Great to know

- Delegates will receive digital resources and an e-certificate.
- Courses are in line with the Health & Safety Executive's (HSE) Mental Health Conditions, Work and The Workplace' guidance
- Courses are fun and interactive workshops, 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!

**What's covered on your course**

	Fundamental Wellbeing Essentials	Fundamental Wellbeing Foundations	Fundamental Wellbeing Supporter	Fundamental Wellbeing First Aid	Fundamental Wellbeing Requalification
Learning Hours	2.5	4	6	12	6
What is mental health	✓	✓	✓	✓	✓
Cognitive Cycle - thoughts, feelings, physical, behaviours	✓	✓	✓	✓	✓
How common are mental health problems?	✓	✓	✓	✓	✓
Mental health as a spectrum	✓	✓	✓	✓	✓
Mental health alarm bells	✓	✓	✓	✓	✓
Stigma & discrimination	✓	✓	✓	✓	✓
The cycle of stigma		✓	✓	✓	✓
Reducing stigma		✓	✓	✓	✓
Appropriate & inappropriate language		✓	✓	✓	✓
Recovery & wellness	✓	✓	✓	✓	✓
The Pressure Pot: What is stress & pressure	✓	✓	✓	✓	✓
The Pressure Pot: Protective factors & vulnerability	✓	✓	✓	✓	✓
The Pressure Pot: Thought processes (cognitive distortions)		✓	✓	✓	✓
The Pressure Pot: Helpful wellbeing strategies and unhelpful coping methods	✓	✓	✓	✓	✓
Stress alarm bells		✓	✓	✓	✓
Stress self-care: I. A.M. C.A.L.M.E.R			✓	✓	✓
Slice of self-care - for you				✓	
First Aid A.C.T.I.O.N.S				✓	✓
A closer look at A.C.T	✓	✓	✓	✓	
A closer look at I.O.N.S				✓	
What is anxiety?			✓	✓	✓
Why do people experience anxiety?			✓	✓	✓
Anxiety alarm bells			✓	✓	✓
A.C.T.I.O.N.S for anxiety				✓	✓
Panic attacks & panic disorder				✓	✓
Eating problems				✓	✓
Self-harm				✓	✓
Phobias				✓	✓
Obsessive Compulsive Disorder				✓	✓
What is depression?				✓	✓
Why do people experience depression?				✓	✓
Depression alarm bells				✓	✓
Psychotic symptoms				✓	
A.C.T.I.O.N.S for depression				✓	✓
Lived experience of depression - case study				✓	
Reflection		✓	✓	✓	✓

# Loved by..

The Fundamental series of courses are 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 wellbeing training, this course will complement and build upon your existing knowledge.

**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...

- Courses are in line with the Health & Safety Executive's (HSE) 'Mental Health Conditions, Work and The Workplace' guidance and compliance set by Acas on 'Supporting Mental Health at Work' (including the law).
- Each delegate will get a certificate from SkillBase First Aid. 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 combined workbook and manual, 'The Good Mental Health Guide'.
- Courses are fun and interactive workshops, 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!



# Bespoke Training

## Do you need something bespoke to your place of work?

We work alongside you to create content tailored to your place of work, that suits your needs, from introductory talks and interactive sessions to 3 days training. We can also curate programmes on a rolling monthly / quarterly / yearly basis with a focus on supporting your Mental Wellbeing First Aiders.

*It all starts with a conversation!*

**Book a free consultation today to discuss your workplace first aid, health & wellbeing needs.**



## Get in touch...

You can chat with us on our **website**,  
**call the team** on 0330 335 1234 or  
**email us** [info@skillbasefirstaid.com](mailto:info@skillbasefirstaid.com)





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 series of Fundamental Wellbeing courses which includes 2 day, 1 day, and 1/2 day courses.

**We can also teach a group of instructors at your place of work, get in touch for more information!**

*Join our network*



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



"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**

"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**

"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**

"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**



# Fundamental Wellbeing Training Pricing



	Learning Times	Public Online Course (per person)	Online Group	In-person Group*
<b>Fundamental Wellbeing Essentials</b>	2.5hrs	-	£500	£560
<b>Fundamental Wellbeing Foundations</b>	4hrs	-	£580	£725
<b>Fundamental Wellbeing Supporter</b>	1 day	-	£1,250	£1,350
<b>Fundamental Wellbeing First Aid</b>	2 day	£240	£1,700	£1,950
<b>Fundamental Wellbeing Requalification</b>	1 day	-	£1,250	£1,350
<b>Fundamental Wellbeing Instructor</b>	5 day	£780	Quote	Quote

\*Pricing is for all locations outside the M25 UK. Courses inside the M25 are approximately £100 more per group.

For pricing outside of the UK, please request a quote.

Prices are exclusive of VAT.

# Free Mental Health at Work Consultation

## Book Here!



Mental health and wellbeing in the workplace is one of our favourite things to talk about!

We do this everyday, so we have access to many free resources and templates which will make your strategy and planning that little bit easier!

**Call the team on:**

0330 335 1234

**or email:**

[info@skillbasefirstaid.com](mailto:info@skillbasefirstaid.com)



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services near you with  
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