

Become a
***Mental Wellbeing
First Aid
Instructor***



SkillBaseTM
First Aid



We turning people into heroes

On ordinary days, for ordinary people, life can change in a heartbeat...

In a heartbeat, it's three o'clock in the morning and your neighbour is frantically knocking on your door because they have just found their partner unconscious outside with empty bottles of alcohol and medication..

In a heartbeat, you're sat in your regular weekly team meeting and a colleague is gasping for breath, trembling and is in an overwhelming state of panic.

In a heartbeat, you're down the pub with your friend and they don't seem themselves. You ask them if they're okay and they just brush it off. You ask them again, and your mate starts to sob uncontrollably sharing that their child has recently been cutting themselves.

Can you imagine how scary that would be?

Imagine that you had absolutely no idea of what to do, never did any mental wellbeing training, or let it go out of date. This is unthinkable to us. We will all have times in our lives when we are called upon to be a hero. Our mission is simple, we create heroes on standby - trained in a way that empowers them to help someone in need, with confidence not just competence.

We'd like to welcome you onto our mission!



About Mental Wellbeing First Aid

So, why Mental Wellbeing First Aid ?

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 how mental health affects their people and more importantly how they can support those 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.

In collaboration with a number of mental health professionals, therapists, trainers and wellbeing specialists, SkillBase are proud to have produced the 'Mental Wellbeing First Aid' series of courses.

What makes us different?

We know that the Mental Wellbeing First Aid series of courses is based on research, recognised guidelines, compliance, and evidence. So how do we turn this into an engaging, empowering course?

These courses are created to be 'different by design' and not replicate what is already available on the market. We aim to increase the choice and style of courses and content.

For example:

- The courses focus on what we can do to help, directly assisting with mental health concerns and a strong emphasis on promoting wellbeing.
- We do not have a technical focus on clinical (NICE) guidance, but instead, we work to actively complement mental health charities and the NHS.

- We only use a few carefully selected statistics to highlight mental health problems, and prevalence and offer 'myth busting'. This keeps the focus on actions over statistics.
- We work hard not to emphasise or highlight demographics so as not to create 'profiling' or unconscious bias.
- There is a significant emphasis on providing ongoing support, nurturing wellbeing and self-care above and beyond referring to professional help.
- These courses are about being proactive rather than reactive.
- We discuss ways that we can all help our mental wellbeing and resilience and aim to prevent mental ill-health in ourselves and others.

What are the courses?

- Mental Wellbeing First Aid *Essentials* - 2.5 hours
- Mental Wellbeing First Aid *Foundations* - 4 hours
- Mental Wellbeing First Aid *Supporter* - 1 day
- Mental Wellbeing First Aid - 2 days
- Mental Wellbeing First Aid *Requalification* - 1 day
- Managing Mental Health at Work (Bolt-On) - 1.5 hours

Once you have been signed off at the end of your training programme, you will be qualified to deliver all of the courses above, both online and face-to-face.

About Mental Wellbeing First Aid

Evidence-based research, compliance, guidelines and research (stay with us)...

One of the most time-consuming things is writing a factual, well-researched, engaging and compliant course, which is why it's one of the best reasons to become a Mental Wellbeing First Aid Instructor - as we have already done all this for you!

Following the HSE Guidelines

The Health and Safety Executive (HSE) is Britain's national regulator for workplace health and safety. It prevents work-related death, injury and ill health. Included within this is the 'Mental Health Conditions, Work and The Workplace' guidance, which we have used to ensure all content covered on the Mental Wellbeing First Aid series of courses is in line with regulations.

References

We include reference to, and actively complement advice from the NHS and recognised organisations such as; Mental Health Foundation, Office for National Statistics (ONS), IAPT, as well as sign-posting and further information from UK mental health charities such as; MIND, Samaritans, Hub of Hope, CALM, Papyrus, Young Minds (you can see a full list of crisis contacts on our website [here](#)).

Written by

The course and accompanying manual 'The Good Mental Health Guide'© have been written by our Director of Product Development & Founder, Richard Craddock-Wright. With over 20 years of experience writing and designing courses within the first aid industry, Rich really is a genius at this stuff!

His expertise and wisdom take our courses to another level and most importantly create a delegate learning journey like no other! As an accredited Mental Health First Aid Instructor, Richard worked with other mental health professionals, workplace wellbeing specialists, and professional coaches to launch the series of Fundamental Wellbeing courses.



These courses are not about having all the answers, or teaching people to have the solutions to other people's problems. It's about genuine empathy for others and helping individuals recognise 'alarm bells' to prevent illness or a decline in wellbeing.



First things first...

Loved by...

[This 5 day course](#) is suitable for everyone wanting to become a Mental Wellbeing First Aid Instructor including:

- Self-employed people
- Existing training companies
- In-company & corporate trainers
- Community trainers

Great to know...

You'll become part of our National Approved Instructor Network - helping you to keep compliant by providing you with all the resources you need to train. This includes course presentations, delegate packs and certification, as well as ongoing support.

Experience...

You don't have to have previous experience or qualifications, as this course will give you all the skills you need to teach a range of inspiring and engaging courses.

If you have come this far in enquiring about becoming an instructor, you already know it will involve managing, teaching, and inspiring a group of people.

Essentials

- A genuine interest in all things mental health and wellbeing!
- A passion to teach, inspire and share engaging content
- To be friendly, open and understanding
- Excellent communication skills
- Computer literate
- Eagerness to learn

Our mission is simple with all our courses - we create heroes on standby. Come and join our community of hero-makers!

Desirables (but not expected)

- Teaching/training qualification
- Training experience
- Facilitation experience
- Experience of mental health topics
- Further education such as a degree or masters

Mental Wellbeing First Aid Instructor Training

Five Day Principles and Practice Course

If you are looking to become a Mental Wellbeing First Aid Instructor to train independently or for your workplace, this is the ideal course for you. You don't need to have previous experience of teaching mental health and wellbeing courses, as we will give you all the skills you need to teach a range of inspiring and engaging courses.

In our experience, we find that embarking on training a new subject (or a familiar subject in a new way) can sometimes be daunting. This course is all about confidence building and ensuring that you feel comfortable to train a range of courses.

How the course works

Days 1&2 - To be able to teach the course, you need to take the course! The first two days of the instructor training will take you through the 'Mental Wellbeing First Aid' (2 day) course. You will experience the content first-hand, how it runs, and most importantly gain an understanding of how to manage and empower a delegate's learning journey. You will experience this course with real-life delegates and for this part of the journey, we really want you to experience it alongside them. This will help develop your understanding and empathy for what the course feels like as a delegate. 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, and training styles to 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 'Mental 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!

The Mental Wellbeing First Aid Instructor course is priced at **£780+vat**

[See all our available dates here!](#)



Mental Wellbeing First Aid Instructor Training

What happens after the 5 days training?

Upon completion of your Instructor training you will enter the sign-off phase of the programme.

Delivery of Training

You will arrange to deliver your own live training course to your own delegates. This can vary in length of course, can be by yourself, with a fellow trainee or fully qualified instructor, all of which will be communicated by your Master Instructor during training.

Coaching Reflection

You will attend a one-on-one coaching session with one of our Master Instructors. This will be a reflective session using your feedback with the purpose of preparing you for your future deliveries and increasing your confidence further. It is also an opportunity to celebrate your achievements so far.

Submission for Full License

Once your coaching session has been completed you will submit for your full license and become part of the SkillBase Trainer Network community, and be licenced to provide the full series of Mental Wellbeing First Aid courses!

Annual Recharge/Coaching Sessions

Each year we encourage you to book a coaching session to help upskill, update, and recharge. This will also enable you to renew your licence annually.

On-going Support

As part of the Instructor Network, you will have access to our team for on-going support.

Excellent course! So relieved to find this course was actually what I have been looking for for many years. I enjoyed all the sessions we shared with different facilitators and learnt so much.
-KM First Aid



Join a winning team

and get the support you really need!

There are many benefits of choosing to join the SkillBase First Aid Instructor Network. Our aim is to keep things simple and reduce trainer administration time. This means that you will have the maximum amount of practice time, where you are able to focus on delivering interactive and impactful courses helping your delegates become confident in their newly learned skills, all the time knowing that the courses you are delivering are compliant. When you join the SkillBase Instructor Network and gain your licence we'll make sure you are ready to get on with training straight away.

How can it be free?

We prefer to make long-term relationships rather than short-term gain - we believe it is better that way. Rather than a large set-up fee and lots of admin, we would prefer you to get up-and-running straight away, that will mean you'll complete more training, and purchase more packs from us.

You can buy your delegate resource packs on a pay as you go basis, and because there is no minimum order, you only need to purchase as many as you need. The delegate resource pack includes certification.

With you every step of the way

Our team are dedicated to providing you with ongoing support and continuous guidance to ensure that you remain confident in training. We will provide you with professional training materials and quality assurance services to enable you to teach a range of courses.

As part of the SkillBase Instructor Network, you'll get:

- A licence to provide the Mental Wellbeing First Aid series of courses, with all the various rules and regulations taken care of.
- Exclusive access to professionally designed and printed delegate packs, with everything you need for a course, including 'The Good Mental Health Guide', accompanying workbooks, presentations and certification.
- Free annual coaching sessions in order to help you remain confident in the training that you provide.
- The opportunity to attend our annual Trainer Network Conference the 'Hero Makers' Hangout'.
- No extra admin, we will certify your delegates for you!



Don't just take our word for it!

Excellent course! So relieved to find this course was actually what I have been looking for for many years. I enjoyed all the sessions we shared with different facilitators and learnt so much. I had such a calm facilitator and made the whole experience worthwhile, accessible and interesting.

– Kate Midgley, KM First Aid

The instructors were very thoughtful in their delivery of the material and used a variety of training methods to ensure the participants could interact and provide their views.

– Laura,
Consistent Quality Support Ltd

Angela has a wealth of knowledge that she shares and delivers with kindness and compassion. She is an excellent instructor and I learned a great deal from her. I think that the ACTIONS acronym works much better than others used within the same industry and the course was put together and formatted really well.

– Debbie Downs, Aerotech Innovation

The course content was perfect and covered everything I need to be an Instructor. The pace, delivery and way it was broken down into sections really made it enjoyable.

– Terry, Independent Instructor

From the moment of merely enquiring about the first aid instructor course, I knew that Skillbase First Aid was the company I wanted to use to achieve my career aim. They were always so helpful, honest and patient in their discussions with me - I therefore couldn't wait to book my place! I now have my own first aid business and the support that SkillBase provide is absolutely first-rate. Someone is always available at the end of the phone during business hours, and everyone is just so warm and welcoming, it never feels like I work alone!

Thank you SkillBase - you gave me the courage, confidence and skills to achieve my dream, and I will be forever thankful!

– Angela Ashby, Ashby First Aid
First Aid & Mental Wellbeing First Aid Instructor



Get in Touch!

We love to chat!

Give us a call on **0330 335 1234**

Chat to us online [skillbasefirstaid.com](https://www.skillbasefirstaid.com)

Email us info@skillbasefirstaid.com

Ready to book? [Click here!](#)

Book your free
30-minute
consultation
here to discuss
becoming a
Mental Wellbeing
First Aid
Instructor!



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First Aid
Confidence, not just competence



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