

# Mental Health Training for the Workplace

Business in the Community's Wellbeing campaign is pleased to offer its members Mental Health First Aid (MHFA) training through a partnership with MHFA England.



## The 2-day MHFA England training course includes:

- Training to assist individuals experiencing a mental health issue
- Equipping delegates with valuable, potentially, life-saving skills
- A course manual and certificate of attendance
- In depth skills and awareness training
- Training on the skills needed to be able to spot the signs and symptoms of mental ill health

**New BITC Wellbeing Champion** members will be offered **two complimentary** places

**New Core** members will be offered **one complimentary** place

*Limited spaces available.*

*The MHFA Standard two day training course is valued at approx. £300 per person.*

## Why are businesses choosing MHFA England training?

- The course been accredited by the Royal Society for Public Health,
- MHFA training is delivered globally in 25 countries, with its reputation underpinned by research and evaluation.
- This training is subject to a robust quality assurance process, each delegate's feedback is monitored and evaluated centrally.

## What have BITC Wellbeing members said about the training?

“National Grid continues to promote employee attendance at both the 2 day and 3 hours MHFA workshops. This is helping to address our aim of improving the confidence and competence of employees and managers in addressing mental wellbeing in the workplace and providing a common understanding of how to support colleagues and guide them to appropriate support.”

*Andy Buxton*

*Health and Wellbeing Manager, National Grid*



“Unilever has built a robust and bespoke Mental Health Line Manager support programme with MHFA so that our managers are better equipped to be on the look-out for those experiencing mental health challenges and to advise on the right help at the right time.”

*Marcus Hunt MSc MCSP*

*Health & Wellbeing Manager: UK, IRE & Europe, Medical & Occupational Health, Unilever*

## How can MHFA England help?

MHFA England will follow up with each Business in the Community wellbeing member who attends one of these promotional courses to discuss feedback and options, including any potential training that the organisation may wish to procure. The maximum wait time for places on the course will be approximately 8 weeks. These courses will take place in London.

To find out more about MHFA training please visit [www.mhfaengland.org](http://www.mhfaengland.org)

To find out more about this offer, contact

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