

# Mental Health Training Courses

Make a positive difference in your workplace

Quality employee development and training leads to higher productivity, retention, growth, and better employee wellbeing. At BHSF, we offer flexible mental health training courses tailored to the needs of businesses of all sizes.

Our courses are based on psychology and neuroscience research and delivered by mental health specialists that have been awarded APPTS Accreditation status by the Royal College of Psychiatrists, the highest level of clinical approval in the UK.



We provide accessible and cost-effective solutions through engaging face-to-face and virtual sessions.

Our training equips employees with the knowledge to recognise and support mental health issues early on, which can proactively combat negative workplace perceptions and mitigate financial implications of absenteeism, presenteeism, and turnover while boosting performance and fostering a sense of purpose.

By providing employees with the tools they need to manage their mental health effectively, businesses can:



**Proactively combat the negative perception** around mental health within the workplace



**Cultivate a workforce that is knowledgeable** and sensitive towards mental health



**Boost performance** and foster a sense of purpose throughout their organisation



**Mitigate the growing problem** and financial implications of absenteeism, presenteeism, and employee turnover



**Establish a cost-effective strategy** to cultivate a workforce that is aware of mental health.

## Our Mental Health Training Courses:

Session recommendation:  Half day  Full day  Interactive full day  Two day

### Mental Health awareness

Mental health is crucial to our wellbeing, but it can be challenging to recognise signs of concern or provide support to those in need. Our course equips delegates to identify mental health issues, engage in conversations, and seek appropriate support.

### One Day at a time – Managing depression

During this training course, delegates will learn about depression, its signs, risk factors, treatments, and how to identify it in themselves and others. They will also learn how to provide compassionate support to those in need.

### Hybrid Working

Our training course helps attendees succeed in a hybrid working environment. Delegates will gain skills and knowledge to manage challenges, enhancing productivity and success.

### Understanding grief and bereavement

Participants will gain a deeper understanding of the grieving process, explore practical tools for managing their own grief, and develop the skills needed to provide effective support to those who are grieving.

### Stress management and developing resilience for leaders

Our course helps line managers identify and manage stress-related issues in their teams, including absenteeism, presenteeism, and burnout. It focuses on recognising physical, psychological, and behavioural signs of stress and taking supportive action.

### Mental Health First Aid

Trains and certifies individuals as Mental Health First Aiders, providing them with an in-depth understanding of mental health and the factors that can affect wellbeing.

*An MHFAider® certificate will be provided to all delegates who complete the course.*

### Suicide awareness

This course aims to equip individuals with the tools and resources necessary to intervene effectively, support those who are struggling, and ultimately help to prevent suicide. This course is not recommended for anyone recently bereaved as a result of a suicide.

### Managing and accepting Anxiety and Panic

This training course equips employees with skills to manage workplace panic and anxiety. They will learn to recognise the signs and use practical tools to cope with and manage these feelings effectively.

### Vicarious trauma

Working in a 'helper' role can leave you open to experiencing vicarious trauma. This course covers its nature, signs, symptoms, and impact, and provides strategies for prevention and management.

### After Action Review (Debriefing)

Designed to teach individuals and organisations how to conduct effective debriefings after a challenging or high-stress event. The course is aimed at promoting a culture of learning, reflection, and continuous improvement.

### Understanding Menopause

Gain insights into symptoms, support strategies, and hormone management. Empower your workforce to navigate this life stage with confidence and empathy.

### Managing stress and developing resilience (Personal)

During this training course, participants will learn to identify stress causes, manage responses to stress, develop resilience, and build a foundation for positive mental and emotional wellbeing.

### Understanding Long COVID

This course provides a comprehensive understanding of Long COVID, including its clinical features, diagnosis, and management, as well as strategies for supporting staff in the workplace or during their return to work.

*(Alternative delivery options are available)*

**Don't wait until mental health challenges affect your employees and your bottom line.**

Speak to your account manager or contact us on **0121 629 1165** or by email at [enquiries@bhsf.co.uk](mailto:enquiries@bhsf.co.uk)

To view all of our training courses in detail, visit: [www.bhsf.co.uk/mental-health-support-training](http://www.bhsf.co.uk/mental-health-support-training)