



Mental Health First Aid Training



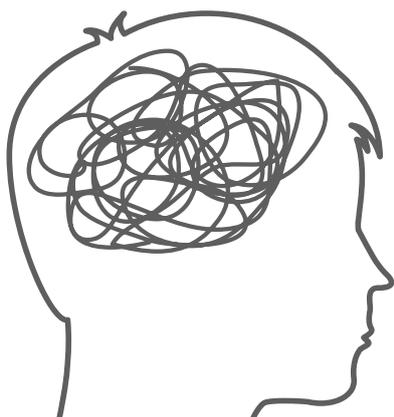
for the
media
sector



Open Minds

Training and Consultancy

Why consider mental health?



50%

almost half believe the PR industry is 'not very accepting' of those with a mental health issue.

50%

over half would be uncomfortable or very uncomfortable talking about mental health at work.

59%

of PR and communications employees have experienced mental ill health.

30%

describe their wellbeing in their job as 'unhappy' or 'not at all happy'.

Sources: Public Relations and Communications Association, 2017: #FuturePRooF Report and CIPR, 2016: State of PR Report

Why invest in mental health training?

1 RETAIN SKILLS BY REDUCING STAFF TURNOVER

Almost a third (31%) of staff said that they would consider leaving their current role within the next 12 months if stress levels in their organisation did not improve.

2 CUT SICKNESS ABSENCE

Mental health issues such as stress, depression or anxiety account for almost 70 million days off sick per year, the most of any health condition, costing the UK economy between £70-£100 billion per year.

3 REDUCE PRESENTEEISM

The annual cost of mental health-related presenteeism (people coming to work and underperforming due to ill health) is £15.1 billion or £605 per employee in the UK.

4 DEMONSTRATE A COMMITMENT TO CORPORATE SOCIAL RESPONSIBILITY

Work-related mental ill health costs UK employers up to £26 billion every year through lost working days, staff turnover and lower productivity. However many business leaders still admit to prejudice against people with mental health issues in their organisation.

5 DECREASE LIKELIHOOD OF GRIEVANCE AND DISCRIMINATION CLAIMS FROM UNHAPPY STAFF

Grievances or more simply: 'concerns, problems or complaints that employees raise with their employers', are on the rise.

Why invest in mental health training?

6

ENSURE COMPLIANCE WITH LEGISLATION BY UNDERSTANDING THE LAW

If a mental health issue has adverse effects on someone's ability to perform day-to-day tasks, this is considered a disability protected under the Equality Act 2010. Employers have a duty not to discriminate and to make reasonable adjustments in the workplace.

7

ENSURE A HEALTHIER WORKPLACE

On average, employees take 7 days off work a year for health reasons and it is estimated that mental health issues account for 40% of this figure. Yet up to 90% feel unable to be honest about this being the reason for their absence.

8

IMPROVE STAFF MORALE

60% of employees say they'd feel more motivated and more likely to recommend their organisation as a good place to work if their employer took action to support mental health and wellbeing.

9

INCREASE STAFF ENGAGEMENT AND COMMITMENT

"Supporting mental health in the workplace is not just a corporate responsibility, staff who have positive mental health are more productive and businesses who promote a progressive approach to mental health can see a significant impact on business performance, so it's about good business too."

Dr Justin Varney

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OPTIMISE PERFORMANCE

There is a strong link between levels of staff wellbeing and performance. Taking a positive, proactive approach to mental health at work can help you grow your staff and your organisation.

Source: MHFA England



How can we help you support your team?

Mental Health Training Courses

Designed to benefit employees, line managers, HR professionals, Occupational Health workers, volunteers and senior leaders alike - to support everyone to meet the challenges of the workplace head on.



Full Mental Health First Aid

2 full day / 4 half days

Qualifies you as a full Mental Health First Aider held over 2 days.



Mental Health Awareness

Half day

Introductory session to raise awareness of mental health.



Mental Health Refresher

Half day

For Mental Health First Aiders to renew their skills and keep up to date with latest knowledge.



Bespoke Support

We offer bespoke packages to help you support your staff and Mental Health First Aiders. So whether it's help with developing training plans or support with creating mental health policies for your workplace we are here to help.



To find out how we can help just pop Tracy an email tracy@MHFAFirst.co.uk

Why chose us?

Fully accredited by MHFA England

Tracy undertook extensive instructor training with MHFA England, the sole organisation in England permitted to provide Mental Health First Aider Instructor Training licenced by Mental Health First Aid International, the global community that has trained over 3 million people.

Great testimonials from past students

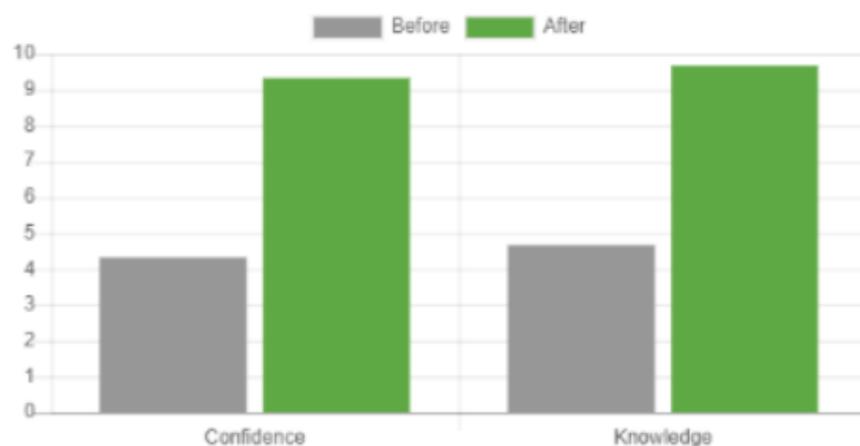
“I really enjoyed the course and found it incredibly informative. The practical activities, case studies and discussions were really useful in thinking how learnings could be applied in real life situations.”

“What I found most valuable was the openness and honesty that Tracy led the course with, which enabled a relaxed environment and a safe space to learn, share and support. Having such an inspiring trainer really helped me to get the most out of the course and ensure the effectiveness wasn't impacted by the fact that it was delivered online not in person.”

Proven success

Our course feedback always shows a significant increase in confidence and knowledge after having completed the course.

Average confidence and knowledge improvements after completing the course.



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