Managing mental health
in the emergency services

Blue Light Programme

A half day training course for line managers and team leaders

Funding administered by Mind and

We’re a registered charity in England (no. 219830)

Contact bluelighttraining@mind.org.uk

What our course covers

An introduction to Mind’s Blue Light Programme and our research into the emergency services.

Mental health awareness:
- common problems including stress, anxiety, depression and PTSD
- recognition in self and others
- how to know if someone needs support

How to support team members living with mental health problems:
- healthy communication
- sickness absence and The Equality Act 2010
- Mind’s approach to wellbeing

Signposting – where to find further information and support.

We have just finished the first training course. I just wanted to say how well it went down with our staff. We consider it to be a huge success and there is considerable appetite to run another session.

Course beneficiary

An experienced Mind trainer can deliver this course at a suitable venue of your choice for up to 16 people at a time.

If you’d like your team to learn these vital skills, then contact us for further details about pricing and to book. Please let us know the following:
- Your name, role and contact details.
- Full address, including postcode, of where you would like the training to take place.
- How many staff you would like to receive the training.
- Your preferred date(s) and time(s) for the course(s) to take place.

mind.org.uk/BlueLight
bluelight@mind.org.uk
@MindBlueLight #mybluelight

We’re Mind, the mental health charity. We won’t give up until everyone experiencing a mental health problem gets both support and respect.

Book your course

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We've trained over 5,000 people so far

More at risk, less likely to seek support

We know that 1 in 4 people in the UK will experience a mental health problem in any given year. Our independent research shows that the estimated quarter of a million people who work or volunteer in the emergency services are even more at risk of experiencing a mental health problem than the general population, but are less likely to seek support.

Support staff to stay well

Our independent research has shown that 9 out of 10 members of the emergency services have experienced stress, low mood or poor mental health at some point whilst at work.

We’ve also learnt that there is a need to actively build trust between staff and senior managers in the emergency services when it comes to talking about mental health.

One way that trust could be built is by managers and team leaders learning the tools that they need through this course, so they can actively support staff to stay well and prevent any problems from getting worse.

A course for the emergency services

Our course is for anyone in the emergency services who has a line manager, team leader or pastoral role. It’s tailored to the unique environments that the emergency services operate in and we can provide a version for ambulance, fire, police or search and rescue services.

This half day training course is designed to be delivered face-to-face to a group of 8 to 16 participants. It features a balance of trainer-led presentation with opportunities for participant discussion and interaction so everyone can get the most out of the session.

We suggest that the course is mandatory for all line managers or team leaders to enable the benefits to be felt throughout your organisation. This would also ensure that learning was undertaken by those that needed it most.

95% of participants found the course useful

5,000 people so far