

Mental health training



There are many mental health training courses available and it can be confusing to know what courses are appropriate and accredited. The table below lists the most popular and relevant.

Course	Overview
<u>Mental Health Awareness for Sport and Physical Activity+ eLearning</u>	This online course is aimed at everyone who works in clubs, community sport and physical activity – such as coaches, activators, front of house staff, administrators and volunteers. This course aims to give you the knowledge, skills and confidence to better understand and support people experiencing mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.
<u>Mind's Workplace wellbeing training</u>	Poor mental health is now the number one reason for staff absence. Our mental health training offers a cost-effective way to promote mental wellbeing in your organisation and at home.

The courses on the next page haven't been developed by Mind but we feel they may help to increase your knowledge and confidence around mental health.

Course	Overview
<u>Mental Health First Aid (MHFA)</u>	<p>Mental Health First Aid aims to help you learn how to identify, understand and support someone who may be experiencing problems with their mental health. They have courses focused on adults, youth, higher education and armed forces. There are half-day, one-day or two-day options for each course.</p> <p>The courses are delivered by a range of organisations including many local Minds.</p>
<u>Zero Suicide Alliance training</u>	Free online awareness course, which aims to provide a better understanding of the signs to look out for and the skills required to approach someone who may be having suicidal thoughts.
<u>ASIST: Applied Suicide Intervention Skills Training</u>	A two-day interactive workshop that focuses on how to provide suicide first aid interventions. It aims to upskill participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.
<u>Loughborough University's Disordered Eating in Athletes</u>	This online CPD course is designed to improve coaches' knowledge and confidence in identifying eating problems and to provide them with tools on how to support athletes who may be struggling.

Find out more about [mental health courses](#).