



Mind's Workplace Wellbeing training

Virtual and face-to-face training



We are Mind

Every year, one in four people will experience a mental health problem.

What do we do?

We're Mind and we're here to fight for mental health. We offer mental health advice and support to those who need it; through our charity shops, our mind networks, or our Workplace Wellbeing services.

Our Workplace Wellbeing Client Services team provides support for employers to help raise mental health awareness. We do this through training courses, eLearning, and advising on better mental health policies and practices, through our Workplace Wellbeing Index.

Why do we do it?

We all have mental health, just as we all have physical health. Considering how much time we spend working, it's not surprising that our jobs can have a significant impact on our mental wellbeing.

Our research shows that work is the biggest cause of stress in our lives. Even more than money problems. Stress can stop people from being their best. We can help your organisation understand how to best support people and create a mentally healthy workplace.

Poor mental health among employees costs UK employers £53bn - £56bn each year.

Deloitte: Mental health and employers, March 2022

How can our team support you?

So what can you do to improve mental health in your workplace?



A large version of the 'mind' logo is displayed on a blue wall. The icon is white and stylized, and the word 'mind' is written in a white, cursive font to its right.

Why work with us

Invest in workplace wellbeing

Mental health is everybody's business.

Our research tell us that **57%** of people have experienced poor mental health whilst working at their current employer.

Index Insights 2021/22

Why is it important?

Every employer depends on having healthy and productive employees. Valued and supported staff are more likely to perform at their best.

If you want to attract and retain committed employees, prioritising the mental health of your staff needs to be core part of your organisation.

What is the impact?

Poor mental health at work can impact on our concentration, our productivity and our relationships with our colleagues.

The financial impact of poor mental health on UK employers is significant. Poor mental health costs employers £53bn -56bn every year. That's an average of £2,400 per employee and is made up of 3 components; **absenteeism**, **presenteeism** and **staff turnover**.

The good news

Investing in mental health is good for your people and your business.

We know that sustained investment in mental health works. Last year 77% of returning Index organisations saw their scores increase, and 36% of returning organisations improved their award level.

Improving mental health knowledge, tackling stigma and improving policies, practices and culture will enable your staff to thrive.

The return on investment for every £1 spent is £5.30

Deloitte: Mental health and employers, March 2022

How can we help you?

There are lots of reasons that organisations come to us for support. Some are looking to upskill and empower their line managers. Some are looking for a speaker to deliver a talk to inspire and motivate. Lots are not sure where to start.

We can work with you to create a plan and guide you on your journey towards better mental health for all.

We have a range of products and services that have been developed by experts at Mind to help employers create supportive and effective workplaces.

- The Workplace Wellbeing Index
- Virtual and face-to-face training
- The Workplace Wellbeing Snapshot
- eLearning
- The Mental health at Work Commitment
- Our information booklets

Why work with us?

- We are the leading mental health charity in England and Wales, with **over 75 years worth of experience**.
- We are **experts in mental health** and we know what it takes to create a mentally healthy workplace
- In the last five years we have **helped 8 million people** have better mental health at work
- People with **lived experience of mental health** problems drive everything we do
- **We reinvest all our income into our charitable work.** By investing in your organisation, you're also investing in better mental health and wellbeing for others
- Over **9 in 10 clients are satisfied** with Mind's services and would recommend us to other organisations.

Get in touch to find out how we can help your organisation



Why invest in mental health training

Gain knowledge, skills and confidence

Our training equips learners with the knowledge, skills and confidence, to support their own and others mental wellbeing.

Why do we need training?

- Training reduces mental health stigma
- It increases knowledge and understanding of mental health problems
- It gives people practical tools they can use
- It helps people build the confidence to talk about things
- This leads to happier and more supported employees

Studies have shown that employees who feel supported are more likely to stay with your business longer, and deliver the best outcomes.

Why use Mind?

- We work closely with our internal **mental health experts** at Mind to craft our training content and ensure it is of the highest quality
- Our **quality assured** courses are up to date with the latest guidance and best practice
- Our **expert trainers** create and facilitate safe spaces for important discussions to take place
- Our trainers bring **lived experience perspectives** and mental health expertise to the sessions
- **Learners get a digital take away pack** that is maintained by us at Mind – it is interactive and includes essential, useful and practical tips and tools to reuse and apply to your working life

Make an enquiry to our team



Our training courses

There's a course for everyone

Mental Health Awareness

This is an introductory course for all employees. It can be used as part of your induction programme or to increase everybody's mental health knowledge.

The course aims to:

- raise awareness of mental health and how it can vary
- outline different mental health problems
- share tips for supporting people explore how mental health and wellbeing interact with daily life
- highlight stigma and discrimination, and how to tackle them
- share tips on how to have supportive conversations about mental health
- provide sources of support and information

[Book a course today](#)

Face-to-face

This training lasts a full day. It can be hosted at a location of your choice.

Face-to-face training costs £2,200.

Virtual

This training lasts four hours. It will take place on Zoom or Teams.

Virtual training costs £1,300.

We offer preferential rates for statutory bodies and charities on all of our training courses.

Managing Mental Health at Work

This course aims to support line managers. It emphasises the importance of looking after your own, and your employees', mental health. It will build your confidence in supporting your team.

The course aims to:

- raise awareness of mental health and how it can vary
- build understanding of different mental health problems
- outline the role of managers in building positive and supportive cultures at work
- explore how to build resilience and support people in the workplace
- build skills to look after yourself while supporting others
- provide sources of support and information

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74% of line managers who have received mental health training feel more confident supporting their team's wellbeing.

Coronavirus Index Insights report, 2020–2021

Mental Health and How to Support Someone

Mental health and how to support someone helps you to develop an understanding of mental health, so you can support employees or team members. We provide practical guidance and tools to develop your confidence when supporting someone else and tips for looking after your own mental health and wellbeing.

The course aims to:

- raise awareness and understanding of mental health and how it can vary
- outline experiences of different mental health problems
- provide practical guidance and tools for supporting people
- share information and practical tips for supporting people
- build skills to look after ourselves when supporting others
- increase confidence in having supportive conversations about mental health

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We were given the space to openly discuss issues around mental health and how best to create a positive environment for everyone to thrive. Most crucially, we came away from the training feeling better equipped to support our colleagues who may face stress and mental health concerns, while promoting a healthy mindset in the workplace.

HDY Agency



Customer Support and Mental Health

This course outlines how mental health problems can impact us and our customers. It will develop your understanding of how best to respond to and support your customers, and equip you with helpful approaches to cope with challenging situations. It will help you build skills to look after your mental health at work.

The course aims to:

- raise awareness of mental health and how it can vary
- explain how mental health problems can impact us and our customers
- understand how best to respond to and support your customers
- build skills to look after your mental health and wellbeing at work
- share practical tips for supporting people
- provide sources of support and information

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[Book a course today](#)



Which kind of training is for you?

Virtual or face-to-face

Why choose face-to-face?

- With day long sessions, we're able to cover more topics and delve deeper into each one. This means more knowledge is shared, with more time absorb, reflect and discuss.
- We create and facilitate safe spaces for important discussions to take place. We find that learners benefit from being able to engage with these discussions in person, with their peers.
- It is a great opportunity for colleagues to connect through shared learning conversations and experiences.
- Our expert trainers build trust between colleagues and support improved communication.
- Face-to-face training last a full day, so it's a great opportunity for your people to fully switch off from business as usual (we encourage everyone to put on an OOO) and engage in learning and professional development.

Why choose virtual?

- Virtual training offers you flexibility to meet the needs of hybrid and remote workers.
- Virtual training last for half a day, so it can sometimes be easier to fit this into demanding work schedules.
- We create and facilitate safe spaces for important discussion to take place. All virtual sessions contain break-out groups so everyone has the chance for group work and conversation.
- For some people, learning in a home environment is more comfortable when tackling sensitive topics.
- Virtual training is still facilitated by one of our expert trainers. It's an engaging and interactive session where people are expected to have cameras on and be active participants.

Contact us and get a detailed quote based on your organisational preferences.

A photograph of a modern office environment. In the foreground, a woman with long dark hair and glasses is seen from the side, wearing a black and white patterned top. She is looking towards a man sitting at a desk. The man has short brown hair and is wearing a dark blue jacket over a white t-shirt and a blue lanyard. He is smiling and looking back at the woman. The desk in front of him has a computer monitor displaying a blue interface, a keyboard, a mouse, and a glass of water. In the background, there are large windows with blinds, other office cubicles, and a person in a yellow patterned dress standing near a counter.

How do you sign up?

The process of getting things started

1. Fill in our enquiry form

If you already know which courses you want and have preferred dates, please include this in your enquiry.

If you are not sure and would like to discuss your requirements with the team first, complete the enquiry form and request a call back, and a member of the team will be in touch.

[Head to the form now](#)

2. Confirm your training dates

Once we know what courses you want, and how many of each, we can look for suitable dates with our pool of expert trainers.

The lead time for training dates tends to be 6-12 weeks.

We ask everyone to sign our training terms and conditions before confirming training dates.

3. Meet your trainer

Once your dates are confirmed, we'll introduce you to your trainer so you can confirm final logistics for the day.

If you have chosen virtual training, your trainer will create the Teams / Zoom meeting links and send these to you.

If you have chosen face-to-face training, your trainer will be in touch to confirm access and room set-up.

We will also provide you with a *Useful information for participants* document, that you can share with learners too.

4. Receive your digital learner take away

After the training has finished, we will provide you with a digital Learner Take-Away Pack; a comprehensive document that contains a summary of the training and key learning, including tips and toolkits, and links to further information and signposting.

Our team can provide a recommended approach based on your objectives and requirements.

Contact us

Fill in our enquiry form

Find out more