

Mental Health Training

Supporting Local Organisations, Communities and Individuals with Mental Health Education



Introduction

At Norfolk and Waveney Mind, we are committed to improving mental health awareness and workplace wellbeing.

Our expert-led training courses provide individuals and organisations with the knowledge and skills to support mental health effectively.

Whether you're looking to raise awareness or develop wellbeing strategies we have the support package for you.

Our education, wellbeing support and training packages are informed by the wide range of our services providing practical mental health support to the public in Norfolk and Waveney.

Together, we can create a culture where mental health is understood, valued and supported, and no one has to face poor mental health alone.

Why Choose Us?

Experienced, Local Trainers

Norfolk and Waveney Mind is synonymous with mental health and our training is directly informed by current policy and research in the field. Our dedicated team of trainers utilise their own diverse backgrounds, as well as insights provided by the support services we offer, to provide training courses of the highest quality.

Practical and Engaging

Interactive sessions with real world applications, building from our experience and range of services operated across Norfolk and Waveney.

Flexible Learning Options

All our training is flexible and fully customisable. We have a range of online and face to face options with flexibility around delivery style, specific content requests and timings also available.

Improved Workplace Wellbeing

Equip your team with the skills to create a mentally aware, more inclusive, healthier work environment. We offer bespoke annual training programmes or one-off training events. Alongside this we can also offer support with creation and delivery of staff wellbeing strategies.



There is a positive return on investment of around £5 for every £1 invested in mental health interventions in the workplace.

Deloitte. (2020). Mental Health and Employers: Refreshing the Case for Investment. Available at: deloitte.com/uk/en/services/consulting/research/mental-health-andemployers-refreshing-the-case-for-investment.html

Norfolk and Waveney Mind Courses

Mental Health Education

We offer:

- A range of fully customisable mental health training courses tailored to the needs of your organisation.
- Detailed training on specific mental health conditions.
- Mental health awareness training.
- Training in practical approaches to identifying an individual's support needs and signposting.
- Training specifically targeted at those working with children and young people.

Suicide Awareness and Prevention

We offer:

Half-day Suicide Awareness Course

Understanding suicide risk factors and warning signs and how to have safe and supportive conversations about suicide.

Suicide Responder Course

Designed for those supporting individuals in crisis, equipping participants with skills to intervene and signpost effectively.

Mental Health in the Workplace

We offer:

'Managing Mental Health in the Workplace' Training

For line managers, HR and business leaders, helping managers and team leaders to understand mental health and provide the tools and skills to have supportive conversations and create a mentally healthy work environment.

A Range of Additional Courses

Covering communication skills, having difficult conversations, active listening and more.

HR Consultancy Support

Including development and implementation of staff wellbeing strategies with related tools and processes.

Each year one in four of us experiences a mental health problem. You're part of the solution.

Whatever your training needs, we're here.

Email: training@norfolkandwaveneymind.org.uk

Short 1-Hour Sessions

These sessions can be delivered at your offices or virtually, at any time of day and for any number of participants, and are suitable for all levels and roles. For more information on the session content and outcomes, please contact training@norfolkandwaveneymind.org.uk

Understanding Mental Health

An overview of the mental health landscape and its relevance to individuals.

Understanding Stress and Burnout

Reflect on stress and burnout, focusing on impact, symptoms and support toolkit.

Let's Talk About Suicide

Reduce stigma around suicide, provide confidence to discuss suicide and provide basic support to those in need.



Understanding Anxiety and

Depression

Recognise the differences between normal feelings and mental illness, alongside further exploration of information around anxiety disorders and depression.

Reflecting on Resilience

Reflect on how we build resilience in our personal and professional lives. Learn to identify and manage challenges, understand boundaries whilst being kind to ourselves.

875,000 UK workers suffered from work-related stress, depression or anxiety in 2022/23.

Health and Safety Executive. (2023). Health and safety at work: Summary Statistics for Great Britain 2023. Available at: hse.gov.uk/statistics/assets/docs/hssh2223.pdf



MHFA England Courses

We are fully certified to deliver MHFA England products, including:

Mental Health First Aid (MHFA) – Two-Day Course

A comprehensive course that qualifies participants as Mental Health First Aiders.

Learning Expectations:

- Recognise the signs that somebody is experiencing poor mental health.
- Start a conversation about mental health confidently, practising active listening techniques and demonstrating empathy.
- Guide individuals to professional help or other appropriate support.

The course provides in-depth understanding of common mental health conditions and crisis interventions. Suitable for employees, managers, and community members looking to support mental wellbeing.

Book Your Training Today

Invest in mental health training to build a stronger, more resilient workforce.

Contact us to discuss your training needs: Email: training@norfolkandwaveneymind.org.uk Website: norfolkandwaveneymind.org.uk/training

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Mental Health Champion – One-Day Course

Learning Expectations:

- Increase understanding of common mental health conditions.
- Confidence in advocating for mental health awareness.
- Ability to support positive wellbeing.

Ideal for workplaces looking to increase the visibility of mental health support and advocacy in their organisation.

Mental Health Aware - Half-Day Course

Introductory awareness course covering basic mental health knowledge.

Learning Expectations:

- Understand how to define mental health, including a basic overview of common mental health issues.
- Increase awareness and confidence in challenging stigma.
- Encourage self-care.
- Improve confidence in supporting someone who may be experiencing poor mental health.

Designed for individuals who are looking for an introductory course offering a general understanding of mental health.

Mental Health First Aid Refresher – Half-Day Course

Empower Mental Health First Aiders to maintain their skills with regular refresher training. We recommend that Mental Health First Aid skills are refreshed every three years.

About Norfolk and Waveney Mind

We're Norfolk and Waveney Mind, your local Mind mental health charity offering an extensive range of mental health services, along with associated training, advice and information.

Making Change

We work continuously in our communities to raise awareness and challenge stigma and discrimination through our services, campaigning, events, training and fundraising.

Your Local Mind

We are an independent charity, raising our own funds and run by our own Board of Trustees.

Being local, we understand our community and tailor our services in response to what people need most.

We work in partnership with Mind nationally and the other local Minds in our network to deliver high quality services to anyone who needs them.

Supporting You

Mental Health Services

We offer a wide range of services including 1:1 talking therapies, gardening projects, access to employment services, REST community hubs, residential care and support programmes. Our services support young people aged 14-25, adults and carers affected by mental ill health.

Training

We provide exceptional mental health training and education for businesses, schools and individuals, promoting mentally healthy communities across Norfolk and Waveney.







Whether it's you needing support, someone in your family, a friend or a work colleague, we are here for you. Always.

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