

Introducing aftercare and support for Mental Health First Aiders

➤ St John Ambulance now offers a follow-on package of support and supervision specially for your Mental Health First Aiders, through our new partnership with Rightsteps, the wellbeing specialists.

➤ Our collaboration builds on the skills training of St John Ambulance, with a clinically-based programme of workplace supervision and personal support delivered by the experienced Rightsteps team.



This package has two outcomes in mind:

- To enhance participants' ability to notice and safeguard their own wellbeing as they undertake this critical role
- To build participants' confidence in supporting workplace colleagues who may be affected by mental health issues.

FIND OUT MORE HERE

sja.org.uk/rightsteps

"This partnership gives organisations access to a new level of personal aftercare for employees, and a deeper understanding of the risks and opportunities they may face when supporting a workplace Mental Health First Aid programme".

Deborah Ayris, Operations Manager at St John Ambulance

How our training supports staff who may be experiencing mental ill health

Our mental health first aid qualifications deliver a practical approach based on real life scenarios. Our Adult one and two-day courses are Level 2 and Level 3 awards, from awarding organisation FutureQuals, meaning they are nationally recognised qualifications.

Our mental health first aid training course options are in place to update skills previously learnt on any mental health first aid course as well as provide managers with the tools to help with the wellbeing of their team.

Teaches staff to recognise that they might be experiencing mental ill health and how to support themselves to bounce back more effectively.

Managers will learn to recognise the early warning signs of poor physical and mental health and proactively support individuals who require assistance.



Mental Health First Aid Qualifications

Level 2 and 3 awards, from awarding body FutureQuals. Designed and delivered by St John Ambulance



Mental Health Courses: Workplace Skills Update Mental Health Supportive Conversations Mental Health Awareness & Mental Health Manager

Delivered by St John Ambulance



Building Resilience at Work - Resilient You



Managing Resilience at Work - Resilient Manager

How our training helps staff thrive at work

Provides the designated Mental Health First Aider with the skills to be able to manage a mental health episode that may occur in the workplace.

Our course options provide managers with the confidence to initiate an empathetic conversation about mental health as well as refresh skills previously learnt on any mental health first aid course.

Enables staff to strengthen their inner drive and coping mechanisms to avoid the chance of burnout and illness, increasing their productivity.

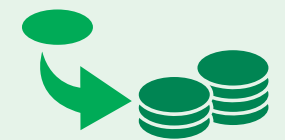
Gives managers the confidence and skills to create a positive wellbeing culture in the workplace that allows individuals to thrive at work.

Positive impacts of investing in mental health support

Our courses can help your organisation to:

- Meet HSE recommendations
- Increase productivity
- Create a supportive culture
- Reduce staff sickness and turnover

Every £1 spent on wellbeing delivers a positive return on investment (average of **£5 for every £1 spent**).¹



30% of business costs (£8 billion per year across the UK) could be saved through investment in wellbeing.²







Experiencing challenges

Thriving

Our mental health courses

Courses to help develop supportive leaders and colleagues

By combining our selection of mental health, wellbeing and resilience courses, organisations will be able to effectively support and manage the mental wellbeing of their staff.

Our courses	 Mental Health: Workplace First Aider Designed and delivered by St John Ambulance.	 Mental Health: Workplace First Responder Designed and delivered by St John Ambulance.	 Mental Health Manager Designed and delivered by St John Ambulance.	 Mental Health Awareness Designed and delivered by St John Ambulance.	 Mental Health: Supportive Conversations Designed and delivered through one of our external partners.	 Mental Health: Workplace Skills Update Designed and delivered by St John Ambulance.
Course duration	2-days	1-day	3 hours	3 hours	3.5 hours	3.5 hours (face-to-face or live online delivery)
Who should attend?	Suitable for those looking to understand and improve their knowledge and confidence about mental health and to learn the skills to support their own and others' positive wellbeing in the workplace.	For those who want to be a Mental Health Workplace Responder, but it is also relevant to other employees and managers intending to develop their knowledge of mental health conditions.	Suitable for those in a management position looking to understand and improve their knowledge and confidence about mental health and to learn the skills to support their own and their team's positive wellbeing in the workplace.	This course is aimed at learners who have not completed previous mental health training but wish to enhance their knowledge of mental health.	For any managers who have responsibility for the welfare of their team. The course employs role play with expert actors involved, to help delegates gain self-assurance by using conversational techniques as a range of scenarios is played out.	For anyone who has completed any variation of the 1 or 2-day mental health first aid courses, within the last 3 years. If the period is more than 3 years, delegates should complete the full course again.
Course content and outcomes	This two-day mental health first aid course qualifies delegates as Mental Health First Aiders. Delegates will be awarded the FutureQuals Level 3 Award in Mental Health: Workplace First Aider qualification, which will equip them with the knowledge to identify those who require mental health support and the confidence to offer assistance when required.	Delegates will be awarded the FutureQuals Level 2 Award in Mental Health: Workplace Responder qualification. This course qualifies delegates as Mental Health First Aid Responders, who will be able to use their knowledge of mental health conditions to promote positive attitudes towards mental health in the workplace. They'll also play a key role in supporting line managers that are assisting individuals who are returning to work after experiencing a mental illness.	The course covers what is meant by mental health and mental ill-health, common mental health conditions, the importance of empathy when communicating with a person experiencing mental ill-health, and ways to manage a person experiencing mental ill-health.	This course will enhance a learner's knowledge of mental health/ill-health through trainer led discussion, activities and a case study. Topics include: what is meant by mental health and mental ill-health, common mental illnesses, the importance of empathy when communicating with a person experiencing mental ill-health, stigma and the effect it has on mental health, support for people experiencing mental ill-health, the benefits of a positive mental health culture.	This course can be delivered live online or face-to-face. Helps managers intuitively spot when someone needs to talk, teaches them to listen effectively, and equips them with the confidence to initiate an empathetic and supportive conversation around mental health. To deepen the learning, delegates are invited to role play using professional actors, different scenarios developed from their co-worker profiles.	This course uses case studies in order to update skills and knowledge, and maintain confidence for an individual to perform their role effectively. Includes latest learning on how personal and environmental factors can impact on people's mental wellbeing, and the role the employer should undertake to support wellbeing in the workplace. All delegates are granted access to a free online toolkit and other resources.

Our wellbeing courses

Awareness and intervention training for leaders and colleagues

By combining our selection of mental health, wellbeing and resilience courses, organisations will be able to effectively support and manage the mental wellbeing of their staff.

Our courses



**Managing Resilience at Work
(Resilient Manager)**

Delivered by St John Ambulance.



**Building Resilience at Work
(Resilient you)**

Delivered by St John Ambulance.



**Suicide First Aid
(1-day)**

Delivered by St John Ambulance.



**Suicide First Aid Lite
(half day)**

Delivered by St John Ambulance.

Course duration

1-day

1-day

1-day

Half-day

Who should attend?

For managers and team leaders who want to gain an understanding of resilience, how to manage employee resilience and implement good workplace practices.

For individuals to strengthen their inner drive and coping mechanisms to avoid the chance of burnout and illness, increasing their productivity.

This course is suitable for individuals who have a key role in contributing to suicide prevention and who form part of a network of support within the workplace or community.

This course is suitable for individuals who may support managers or key persons in contributing to suicide prevention and who may form part of a network of support within the workplace or community.

Course content and outcomes

Gives managers the tools and skills to effectively support their own resilience, and the wellbeing of their teams. Managers will learn to recognise the early warning signs of poor physical and mental health and proactively support themselves and individuals who may need assistance. Managers will learn to create a positive culture in the workplace that allows people to thrive at work.

The course educates and empowers individuals to take ownership of their own resilience and wellbeing. It teaches individuals what resilience is and how to build and maximise their own, whilst reducing their risk of fatigue and illness. Learning to adapt to uncertain times or change by thinking differently, to face the future with optimism and the tools needed to thrive in a challenging time.

The course provides an understanding of the factors that may lead to suicidal behaviour and knowledge of the key components of suicide prevention. Topics include: an introduction to suicide prevention, suicide thoughts and suicide behaviour, working with attitudes and values, understanding options, suicide-safety and self-care, the risk assessment approach.

Learners can opt to do an accredited qualification with City and Guilds post course at an additional cost.

The course provides an understanding of the factors that may lead to suicidal behaviour and knowledge of the key components of suicide prevention. Includes an introduction to suicide prevention; suicide thoughts and suicide behaviour, intention of behaviour versus outcome of behaviour, suicide - the ripple effect, Suicide Safety Guidance, referring a person onto suicide first aiders.