



Mind in Haringey

Training & Consultancy
2023

Mental Health & Workplace Wellbeing

Supporting and promoting best practice in workplace

www.mindharingey.co.uk
Charity No. 801618

About Us

Mind in Haringey

Based in Haringey we are a part of the local Mind network. Our mission is to deliver mental health services to anyone who needs them. We do this by listening to people, defending their rights and helping them to lead fulfilling lives.

We have a range of projects that support our local community including a Wellbeing Network, Counselling, Advocacy, Young Persons Service, Mental Health & Wellbeing Project, Safe Haven Crisis Hub and Suicide Prevention among many others.

Mind in Haringey Training & Consultancy

We are passionate about supporting employers and employees with mental health and wellbeing in the workplace. Whether you are looking for training, a consultation, raising awareness or improving general wellbeing within your workplace, we are here to support you.



Understanding the Challenges

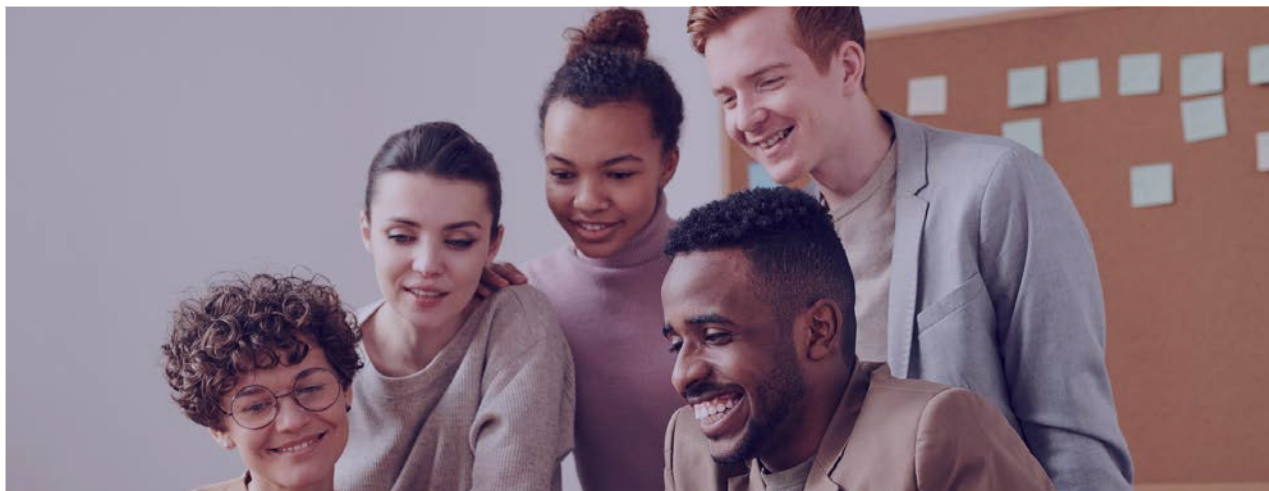
All employers are responsible for looking after their workforce's mental health and wellbeing. This can be achieved by increasing awareness and improving employees' access to mental health support. In turn, this can not only increase their organisations productivity but also serve as a platform for stimulating change and challenging stigma.

We are dedicated to delivering comprehensive training programs that empower organisations to take proactive steps in caring for the mental health and wellbeing of their teams and individuals. Through our training, we provide the necessary skills and knowledge to create a culture of support and resilience.

Our experienced consultants offer invaluable guidance in developing effective wellbeing and mental health workplace policies. We work closely with organisations to understand their unique needs and challenges, providing best-practice strategies and HR solutions that promote employee mental health and wellbeing.

We proudly feature expert speakers who possess the expertise and charisma to engage audiences in meaningful conversations about employee mental health. Whether it's a national conference or a focused HR workshop, our speakers foster an environment of open dialogue and understanding, inspiring positive change within organisations.

Our Approach



Embracing the Power of Holistic Wellbeing:

- Cultivating a positive work environment that embraces the interconnectedness of physical, mental, and emotional wellbeing.
- Placing utmost value on building strong relationships and providing unwavering support to foster a thriving workforce.

A Multidisciplinary Team of Experts:

- We are a collaborative team of esteemed professionals deeply rooted in both community and workplace mental health.
- Combined expertise, experience, and passion, ensuring comprehensive and tailored solutions for your organisation.

"With more than a third of our lives spent at work, we believe that it is essential that we help our colleagues' stay happy and healthy, so that they can flourish and reach their full potential...and thanks to Mind Haringey, we can continually provide this support."

- Virtual 1

Our Approach



Seamless Engagement, Unbounded Reach:

- Geographical barriers are no obstacle to our dedication to our clients.
- Preferred facilitation of face-to-face sessions, with seamless transitions to online platforms when needed, ensuring flexibility and adaptability.

Empowering Communities through Reinvestment:

- We reinvest our earnings back into our community mental health projects.
- Championing social responsibility to create lasting positive change beyond organisational boundaries.

" I think this course would be extremely helpful for all of the management in DNEG. How a team is driven comes from the top down and even if everyone in the team except the manager has a great sense of mental health (while that's really great)...for real change to happen across the company, the managers must be educated into how mental health can deeply affect someone's ability to perform and function day to day.

- DNEG

Tailored Solutions

Consultancy

ASIST Training

Mental Health First Aid Two Day Course

Mental Health First Aid One Day Course

Mental Health First Aid Half Day Course

Mental Health First Aid Refresher

MHFAider Supervision

Trauma Informed Training

Leaders & Line Managers Workshop

Stress & Wellbeing Workshop

Anxiety & Mental Health Workshop

Money in Mind Workshop

E-learning Training Resources

Consultancy

As a charity, our organisation specialises in providing comprehensive mental health and well-being training and consultancy support to corporates. Our mission is to promote a positive and inclusive work environment by prioritising the mental health and well-being of employees.

Our Consultancy Offer:

Mental Health Training: Grounded in research and rigorously tested we offer four Mental Health First Aid courses that are developed with input from clinical experts and those with lived experience of mental health issues. We also offer customised Leaders & Line Manager training programs designed to raise awareness and understanding of mental health issues in the workplace. Our training equips employees and managers with the knowledge and skills to recognise signs of mental health challenges, reduce stigma, and create a supportive atmosphere.

Workshops: We conduct workshops focused on enhancing overall well-being and resilience. These workshops cover various topics, including Mental Health at Work, Stress & Wellbeing and Anxiety. By fostering a culture of well-being, we aim to improve employee satisfaction and productivity.

Consultancy Support: Our experienced consultants work closely with organisations to develop tailored strategies and policies that prioritise mental health and well-being. We provide guidance on implementing effective support systems, HR Solutions, Wellbeing & Mental Health Workplace Policy, one-to-one and group supervision and we also provide expert mental health speakers who can engage your teams in employee mental health conversations.

Counselling: We are a member of the British Association of Counselling and Psychotherapy. There are times when we all experience distressing events and feelings that seem to have no end or solution in sight. Our counsellors work from a variety of approaches and aim to help each client reach an understanding of their difficulties and find ways of dealing with them in a non-judgmental and confidential setting. This can be delivered face-to-face, via telephone or by video chat.

Mental Health First Aid Course



Become a Mental Health First Aider

This course qualifies you as a Mental Health First Aider (MHFAider®).

As a MHFAider® you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention.
- Encourage a person to identify and access sources of professional help and other supports.
- Practise active listening and empathy.
- Have a conversation with improved mental health literacy around language and stigma.
- Discuss the MHFAider® role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Format:

- Face-to face course structured across four flexible sessions.
- Learning takes place through a mix of presentations, group discussion and workshop activities
- We limit the number to 16 people per course so that the instructor can keep people safe and supported while they learn.

Takeaways:

Everyone who completes the course gets:

- A hard copy workbook to support their learning throughout the course
- A digital manual to refer to whenever they need it after completing the course
- A wallet-sized reference card with the Mental Health First Aid action plan
- A digital MHFAider® certificate
- Access to the MHFAider Support App® for three years
- Access to ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England

Mental Health First Aid Course



Mental Health First Aid Champion Course

- 1-day face to face.
- Qualifies participants as Mental Health First Aid Champions designed for the workplace. Includes manuals and workbook.
- Courses can accommodate up to 16 participants.

Mental Health Aware Course

- Half day face to face.
- Courses can accommodate up to 24 participants.
- Includes certificate of attendance, manual and workbook.

Mental Health First Aid Refresh Course

- Half day for existing MHFAiders® or MHFA Champions who completed their training 2-3 years ago.
- Courses can accommodate up to 24 participants.
- Includes certificate of attendance, manual and workbook.
- Includes access to the new MHFA course resources, ongoing learning and 24/7 digital support through the MHFAider Support App®.

ASIST: Applied Suicide Intervention Skills Training

An accredited two day, interactive training that prepares caregivers to provide suicide first aid interventions. Teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

After taking ASIST, you will be better able to:

- Understand the reasons behind thoughts of suicide and the reasons for living
- Be suicide alert – identify people who have thoughts of suicide
- Assess risk and safety – develop a plan to increase the safety of the person at risk of suicide
- Recognise invitations for help
- Link people with community resources
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care

What are the features of the workshop?

- Presentations and guidance from two registered trainers
- A scientifically proven intervention model
- Powerful audio-visual learning aids
- Group discussions
- Skills practice and development
- Participant materials include a 20-page workbook, wallet card, and stickers. Participants also receive a certificate upon completing the workshop.

Leaders & Line Managers Mental Health and Wellbeing Workshop

Our Leaders and Line Managers Mental Health and Wellbeing Workshop addresses:

- The stigma and discrimination that those with mental health issues face in work and society
- The signs of mental health issues at work
- Management standards - positive mental health in the workplace
- Wellbeing
- Recognising the early signs of distress in work colleagues/team members
- Line manager checklists and conversation guides

This is an interactive workshop for groups of between 8-12 attendees, offering leaders and line managers the skills and confidence to spot and manage mental health problems within their teams. Provides an opportunity to bring live situations to a forum discussion.

- This is a half day course delivered either face-to-face or online.
- Learning takes place through a mix of presentations, group discussion and workshop activities

Takeaways:

- A participants guide.
- MHFA Leaders and Line Managers Workbook
- Digital Quick Tips to be shared with teams.

Workshops

Our workshops are designed to support your teams in accessible 60-minute and 90-minute sessions available online or in person. The workshops increase awareness and act as a platform for stimulating change and challenging stigma and discrimination.

Activity	Description	Duration	Participants
Stress and Wellbeing Workshop	In-depth look into mental health and wellbeing in the workplace. Also covering how to recognise signs and symptoms of stress, what it means to you and promoting wellbeing.	90 Minutes	25 people max. online 12 people max.
Critical Conversations Workshop	We provide workshops and support to those interested in learning more about having important discussions in the workplace, especially those that some may find difficult such as race and racism.	90 Minutes	Bespoke
Mental Health and Anxiety	Raising awareness and understanding of anxiety as a common mental health condition. Highlighting the importance of self-care and self-compassion in managing anxiety, and to provide specific techniques for developing these skills.	60 Minutes	25 people max. online 12 people max.
Wellbeing and Mental Health Workshop	Discussing looking after your mental health and maintaining wellbeing in the workplace. Managing burnout and how to promote a positive work-life balance. How to spot the signs that somebody may not be okay, and where we can go for support.	60 Minutes	25 people max. online 12 people max.
Stress and Wellbeing Workshop	Introduction to mental health and wellbeing in the workplace. Also covering how to recognise signs symptoms of stress, what it means to you and Promoting wellbeing.	60 Minutes	25 people max. online 12 people max.

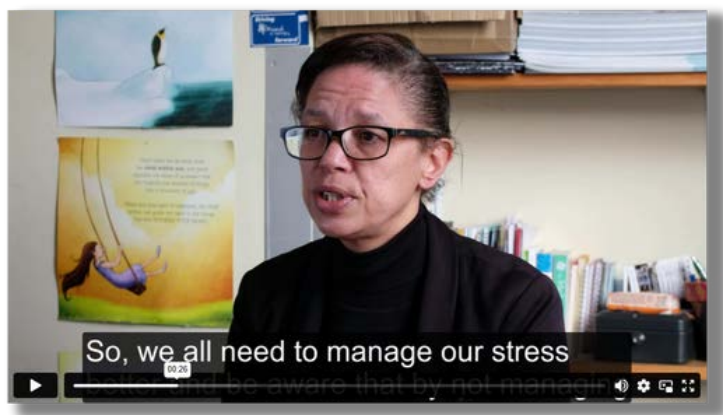
E-Learning

Accessible, bite-sized online training resources to support anyone experiencing mental health issues in the workplace. Gain 12 months of access to complete courses. Improves performance and provides measurable benefits.

Concise and informative with video clips, quizzes and plenty of tips and handouts to take away, these bitesize briefings offer a simple way to raise awareness of key issues.

The following titles in the series can be accessed in their entirety or individually:

- Your Wellbeing
- What is Mental Health?
- Understanding Depression
- Let's Talk About Stress
- Anxiety & Anxiety Disorders
- Managing Mental Health
- Burnout



For every pound spent on your employee's wellbeing and mental health, the return on investment is fivefold.

- All six titles for just £15 per employee, discounts for larger groups.
- Gain 12 months access to log in and complete the courses.
- Improves performance and provides measurable benefits.
- Can be completed anytime, anywhere, on any device.
- Create your own impact survey.
- Users can download a copy of their certificate upon completion of each briefing.

UpSkill
people

Client Testimonials

An amazing, enlightening and informative course...Mental Health has too long been an issue that has been ignored and de-prioritised. Line managers are often the first line of defence and also the ones best placed to improve the culture of the team.

Lloyds Banking Group, Participant feedback, 2018

My key take aways would be being able to find the trust and assurance of either team members or others in teams to be able to talk to openly having that safe and reliable space to know you can open up and talk. That to me is the hardest part – the session however was extremely refreshing.

Beavertown Brewery, Participapnt Feedback, 2022

We are delighted to have completed Mental Health First Aid training with a selection of the Atrium team. The organisation has shown tremendous commitment and drive to support its employees' wellbeing and mental health. It is great to see an organisation that is proactive in taking a strategic approach to employee wellbeing. There is real value in creating a work environment that addresses mental health stigma and allows for honest and open communication.

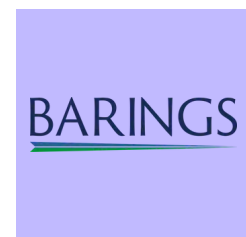
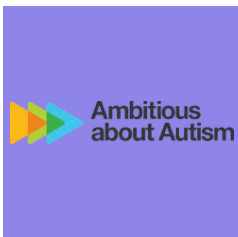
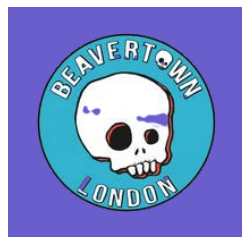
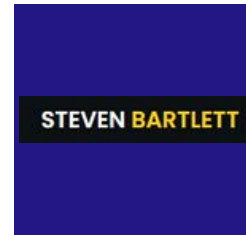
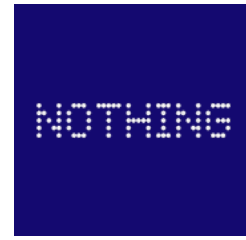
Atrium Underwriters, 2022

The course was wonderful for highlighting the easy ways that society labels mental health as unusual, odd and not normal. When in reality the UK has a mental health pandemic that is often swept under the rug. It was lovely to openly talk about the various different issues and the symptoms as they affect the person going through it but likewise to discuss the symptoms as they appear to an outside observer and how well this can be hidden in order for people suffering to protect themselves.

Atrium

DNEG, Participant Feedback, 2022

Client Portfolio



Message from our CEO

Lynette Charles is CEO of Mind in Haringey, Chair of Mind in London and the Lead for Black Thrive in Haringey where for the past 6 years she has used her extensive knowledge and experience of Mental Health and Wellbeing to lead Mind in Haringey from near closure to a position of not just surviving but thriving!



“

our success is because I have been absolutely grounded in what a community organisation should be doing, and how to have an impact. I have walked the walk and I remain committed to improving the mental health and wellbeing of our whole community

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