

# Training & Consultancy



 <b>Mental Health Aware</b> 1/2 Day Course MHFA England	Provides an understanding of mental health, and practical skills to help you spot triggers, signs of crisis, and support people who are struggling	For 8-20 ppl: <b>£1100</b> Or per person: <b>£85</b>
 <b>Mental Health First Aider</b> 2 Day Course MHFA England	Provides an in depth understanding of mental health, and practical skills to help you spot triggers, signs of crisis, and support people who are struggling - you will be a certified Mental Mental Health First Aider upon completion	For 8-16 ppl: <b>£3500</b> Or per person: <b>£250</b>
<b>Stress and Wellbeing</b> 90 Minute Workshop	An in depth look at mental health and wellbeing in the workplace, including recognising stress signs and promoting wellbeing	For 8-20 ppl: <b>£570</b>
<b>Leaders and Line Managers: Mental Health Wellbeing</b> 1/2 Day Workshop	Interactive workshop for 8-12 leaders to build confidence in managing team mental health, with space for real-case discussions	For 8-12 ppl: <b>£1100</b>
<b>Train the Manager</b> 1 Day Reflective Practice	Learning from experience by exploring what happened, how it felt, what was learned, and how to improve future performance and understanding	For 8-12 ppl: <b>£1200</b>
<b>Trauma-informed Practice</b> 1/2 Day Training	Training for those working with people affected by trauma, covering its impact on behaviour and how to adapt practice to improve support	For 8-16 ppl: <b>£1100</b>
<b>ASIST Suicide Intervention</b> 2 Day Course	Teaches practical suicide intervention skills, focused on recognizing signs and creating safety plans using the proven ASIST model	For 8-16 ppl: <b>£3500</b>

For more information, contact:  
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