



oakleaf 

MAKING LIFE WORK WITH MENTAL ILLNESS

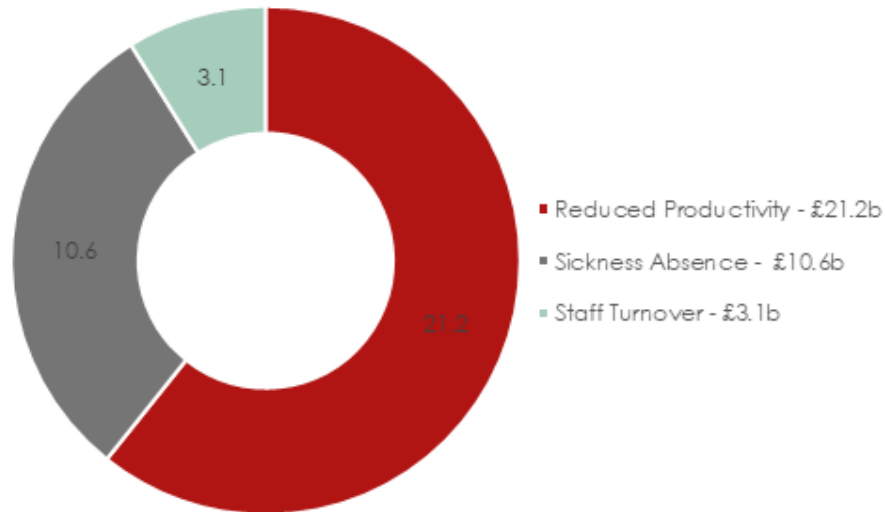
WORKPLACE  
MENTAL HEALTH  
FIRST AID  
TRAINING

# TRAINING FOR A HEALTHY ORGANISATION

Healthy people are happier, more engaged and more productive. Employers across the UK are acting now to support the wellbeing of their people and create mentally healthy businesses.

Stress, anxiety and depression are the biggest cause of sickness absence in our society. At any one time, one worker in six will be experiencing these symptoms. Mental ill health is responsible for 91 million working days lost every year.

# MENTAL ILL HEALTH COSTS UK EMPLOYERS £34.9 BILLION EACH YEAR



Mental ill health costs UK employers an estimated £34.9 billion each year - the equivalent of £1,300 for every employee in the UK workforce. Broken down, that's £10.6 billion in sickness absence, £21.2 billion in reduced productivity, and £3.1 billion in replacing staff who leave their jobs for mental health-related reasons.

Simple steps to improve the management of mental health in the workplace will allow employers to save 30% or more of these costs – at least £10 billion a year. This is where we can help.

# MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid (MHFA) is an internationally recognised training course that is here to support you to manage wellbeing proactively and minimise the impact of mental ill health on work and life. We'll work alongside you to deliver training that complements and enhances your existing wellbeing strategy, if you have one. If you don't, we'll get you started on that journey and guide you along the way.

MHFA training courses teach people to spot the symptoms of mental health issues, offer initial help and guide a person towards support.

We don't teach people to be therapists, but we do teach people to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

We have training options to suit a range of timescales and budgets, from basic mental health awareness sessions to a full Mental Health First Aider qualification. They are all designed to benefit employees, line managers, HR professionals and senior leaders alike - to let all your people meet the challenges of the workplace head on.



**MHFA England**

# WHY DO YOUR MHFA TRAINING WITH OAKLEAF?

Oakleaf is a mental health charity with over 20 years' experience in helping people with mental ill health return to work. By improving their wellbeing, we are enabling them to build their skills and confidence; to gain qualifications and to become active members for their communities.

By choosing to do your MHFA training through our services you will not only be reshaping the wellbeing of your employees, but you will be directly supporting the needs of individuals who are struggling with some of the most severe cases of mental illness.

## THE COURSES

We offer three training options, a two, a one day and a half day course. The two day course will qualify you as a certified Mental Health First Aider. The one day course will qualify you as a MHFA Champion. The half day course is an introductory session to raise awareness of mental health.

# WORKPLACE MHFA TWO DAY

COST FOR 2 DAYS TRAINING  
£300+VAT PER PERSON

Our two day course qualifies you as a Mental Health First Aider. Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix.

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan.

Everyone who completes the course gets an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are a Mental Health First Aider.

# WORKPLACE MHFA ONE DAY

COST FOR 1 DAYS TRAINING  
£200+VAT PER PERSON

Our one day mental health awareness and skills course qualifies you as an MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Through a mix of group activities, presentations and discussions, the course is built around a Mental Health First Aid action plan.

Everyone who completes the course gets an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are an MHFA Champion.

You'll also get a copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health.

# WORKPLACE MHFA HALF DAY

COST FOR HALF DAY TRAINING  
£125+VAT PER PERSON

Our half day course is an introductory four hour session to raise awareness of mental health.

It is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn.

Everyone who completes the course gets: A manual to refer to whenever they need it. A workbook including a helpful toolkit to support their own mental health. A certificate of attendance to say they are Mental Health Aware.



# MHFA

## CASE STUDIES

These are an assortment of organisations that have implemented the MHFA training into their business:

### **Unilever**

“Unilever is taking the agenda of mental wellbeing forward through a holistic approach, which can be tailored to the particular needs of employees in different parts of the organisation, enabling the organisation to drive real business benefit and impressive ROI.”

Started MHFA training

October 2013

Line Managers trained so far (One Day course) 1,600

Employees trained so far (Two Day course) 250

### **King's College London**

“If we can provide the right support for early intervention, students have a better outcome and can engage with their studies here, whether they have a diagnosis or not.”

Started MHFA training

January 2015

Staff trained so far 650+

### **Channel 4**

“Mental health is vital for creativity and innovation. It helps people thrive and be the best they can be.”

Started MHFA training

July 2016

Staff trained so far 60+

## Slaughter and May

“As a leading international law firm, we work in a high-performance culture which delivers the very best service for all our clients. Supporting the mental wellbeing of our staff with Mental Health First Aid (MHFA) is an essential part of ensuring our employees operate at the very top of their game.”

Katie Gledhill, Head of HR Advisory and Resourcing, Slaughter and May

Started MHFA training  
May 2016  
Staff trained so far  
10 +

## EY

“We wanted mental and physical health to hold equal weight in our wellbeing programme. We decided on MHFA because it had a clinical rigour that underpinned the training that we valued.”

Started MHFA training  
October 2013  
Staff trained so far  
750+

## Royal Mail

“It’s crucial that all Royal Mail staff feel able to voice their concerns around mental health. To have managers professionally trained in this area is invaluable.”

Started MHFA training  
2015  
Staff trained so far  
106

## Lendlease

“MHFA has proved to be the most well attended and proactive work stream group that has ever been established within Lendlease.”

Started MHFA training  
August 2014

Staff trained so far  
200

## Crossrail

“Crossrail is intent on leaving a legacy for how organisations can get mental health provision up and running in their workplace.”

Started MHFA training  
October 2015

Staff trained so far  
102

Visit:

[mhfaengland.org/mhfa-centre/case-studies/](https://mhfaengland.org/mhfa-centre/case-studies/)

to read these and further case studies in more detail.

We believe that by taking part in the MHFA training you will be able to instill core mental health standards into your business. To have the tools to produce, implement and communicate a mental health at work plan. Develop awareness; open conversations and reduce stigma.

Oakleaf Enterprise  
101 Walnut Tree Close  
Guildford  
GU1 4 UQ

01483 303 649  
[info@oakleaf-enterprise.org](mailto:info@oakleaf-enterprise.org)  
Registered Charity: 1064524