

mental health training

Paws in Work specialise in Mental Health Training and Puppy Therapy Events for a wide number of workplaces, all across the UK.

We are actively developing a community of passionate mental health advocates who can share experiences, expand ideas, smash the stigmas and act as support networks for those in need. All to help us achieve our mission:

**‘ to create a better life
for people and pups ’.**



our courses.

A well thought out and effective wellbeing strategy starts with understanding your needs and educating on what is available. Each of our training courses are designed to be simple, effective and easy to implement across your teams.

When it comes to mental health training there is simply no 'one size fits all'. Each company is structured differently, has a different focus and ultimately, has different needs.

And that's where we come in.

Our job is to help remove the noise. To simplify even the most complex of courses and work with you to ensure your training is as engaging and impactful as possible.

Take a peek at some of the training on offer and let's discuss how implementing these life changing courses can have a monumental effect across your teams.



aware.

Have you ever wanted to become be more mindful of mental health and understand how you can boost your own wellbeing?

The 'Mental Health Aware' course offers an opportunity to learn what mental health is, whilst also giving you an introduction into looking after your own mental health. You will gain a basic understanding of some common mental health issues, how to challenge stigma and how to support someone in distress or experiencing a mental health issue.

**1 in 6 adults
have symptoms
associated with
mental ill health**

by the end of the course you will gain

- ✓ A basic knowledge of some common mental health issues
- ✓ The confidence to support someone who may be experiencing challenges through the 'Take 10 together' toolkit
- ✓ A better understanding of looking after your own mental health and maintaining wellbeing

this course is ideal for anyone wanting to take their first steps into understanding their own mental health and wellbeing, as well as that of other people

upon completion of the course you will receive

- ✓ A certificate of attendance
- ✓ A manual to refer to whenever you need it
- ✓ A workbook including a helpful toolkit to support your own mental health

£125
per person +
materials

become mental health aware.

Course structure

This course raises awareness of mental health. It covers:

- 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

course length

1 x 4 Hour Session
up to 25 people

format

Online or
Face to face

4 hour session

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions: (Depression, Anxiety disorders, Psychosis, Eating disorders, Suicide, Self-harm)
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources



12.8 million working days are lost due to work-related stress, depression or anxiety

champion.

If you're enthusiastic about mental health and want to make a positive change to those around you, why not become a Champion?

As a 'Champion' you will gain a more in-depth understanding of mental health issues, the ability to spot signs of mental ill health, and skills to support positive wellbeing. You will also be given the knowledge and confidence to be an advocate for mental health awareness.

by the end of the course you will gain

- ✓ An understanding of the more common mental health issues
- ✓ The knowledge and confidence to be a mental health advocate in your community or workplace
- ✓ The ability to spot the early warning signs of mental ill health and to add to your skill set the ability to support positive mental wellbeing

this course is for those who are passionate about mental health and are looking to play a key role in raising awareness and challenging stigma

upon completion of the course you will receive

- ✓ A certificate of attendance
- ✓ A manual to refer to whenever you need it
- ✓ A quick reference card for the Mental Health First Aid action plan
- ✓ A workbook including a helpful toolkit to support your own mental health

£200
per person + materials

mhfa champion.

Course structure

This one day course trains you as an MHFA Champion, giving you:

- 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

course length

**1 x 7 Hour Session or
2 x 3.5 Hour Sessions
up to 16 people**

format

Online or
Face to face

session 1

- About Mental Health First Aid
- About mental health
- Stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

session 2

- Applying the Mental Health First Aid action plan
- Action 1: Approach, assess and assist with any crisis
- Suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA

50% of uk adults reported that they felt worried about being able to cope with the uncertainty of the pandemic



first aider.

Become a key part of the mental health community and lead the wellbeing frontline by learning all of the skills of a Mental Health First Aider (MHFAiders®)

As a Mental Health First Aider you will gain all of the necessary tools to offer all-important support for peers who are experiencing mental health issues. On the course you will develop key skills such as; spotting signs and triggers of mental health issues, non-judgemental listening, and supporting a person in distress.

by the end of the course you will gain

- ✓ An in depth understanding of mental health and 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
- ✓ Knowledge to help someone recover their health by guiding them to further support

this course is for those wanting to become advocates of mental health awareness, offering ongoing support and making an active difference in their community or workplace

upon completion of the course you will receive

- ✓ A digital MHFAider® certificate
- ✓ Access to the MHFAider Support & Benefits App® for three years
- ✓ A hard copy workbook including a helpful toolkit to support your own mental health
- ✓ A digital manual to refer to whenever you need it after completing the course

£325
per person +
materials



mhfa first aider.

Course structure

Ideal for individuals who would like to gain the knowledge and skills to spot signs of poor mental health, be confident to start a conversation and signpost a person to appropriate support.

You will become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through the MHFAider Support App® for 3 years.

course length

2 x 8 Hour Sessions or
4 x 4 Hour Sessions
up to 16 people

format

Online or
Face to face

session 1

- Mental Health First Aid
- The action plan
- The MHFAider® role
- Self-care
- Helpful and unhelpful language
- Useful models to support the role

session 2

- What influences mental health?
- What is anxiety?
- Crisis first aid
- Active listening and empathy
- What are eating disorders?
- What is self-harm?
- What is substance misuse?

session 3

- Applying the action plan
- What is depression?
- What is suicide?
- Crisis first aid continued
- What is psychosis?

session 4

- Headcount
- Recovery and lived experience
- Boundaries as an MHFAider®
- Moving forward as an MHFAider®
- My MHFA action plan



refresher.

As a 'First Aider' or 'Champion' you have skills for life that support you and the people around you. With these qualifications comes extra responsibility.

We believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date to allow you to keep up with the latest techniques and best practice.

By re-approaching various topics, 'Refresher' training gives participants the up to date skills and confidence to put into practice what they have previously learnt.

**poor mental health
costs uk employers
up to £45 billion
a year**

by the end of the course you will gain

- ✓ Skills that keep your awareness of mental health support current
- ✓ Up to date knowledge of mental health issues and what influences them
- ✓ Practice in applying the 'Mental Health First Aid Action Plan'

this course is only for those who have completed the first aider or champion training courses

upon completion of the course you will receive

- ✓ A certificate of attendance
- ✓ A manual and workbook to refer to whenever you need it
- ✓ Access to MHFAider® Support and Benefits App® for three years

£150
per person +
materials

mhfa refresher

Course structure

We believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date. The four-hour MHFA Refresher course gives you the chance to:

- Renew your skills
- Update your knowledge of mental health support
- Practice applying the Mental Health First Aid action plan
- Access to three years of MHFAider® Support and Benefits

course length

**1 x 4 Hour Session
up to 25 people**

format

**Online or
Face to face**

4 hour session

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions: (Depression, Anxiety disorders, Psychosis, Eating disorders, Suicide, Self-harm)
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources

*Please note that the MHFA Refresher is only for people who have completed an MHFA course or an Armed Forces Mental Health First Aider course.

masterclasses.

Our masterclasses are designed to educate on specific mental health related topics. Ideal for workplaces wanting to focus on a specific area or looking for an overview of mental health, they can easily be implemented as part of your wider wellbeing strategy and provide a great cost effective solution for mental health focussed days and activities that can be available to the whole office.

1 hour masterclass

mental health awareness
mental health for managers
men's mental health
coping with change
avoiding burnout
talking menopause

£1000
per
masterclass

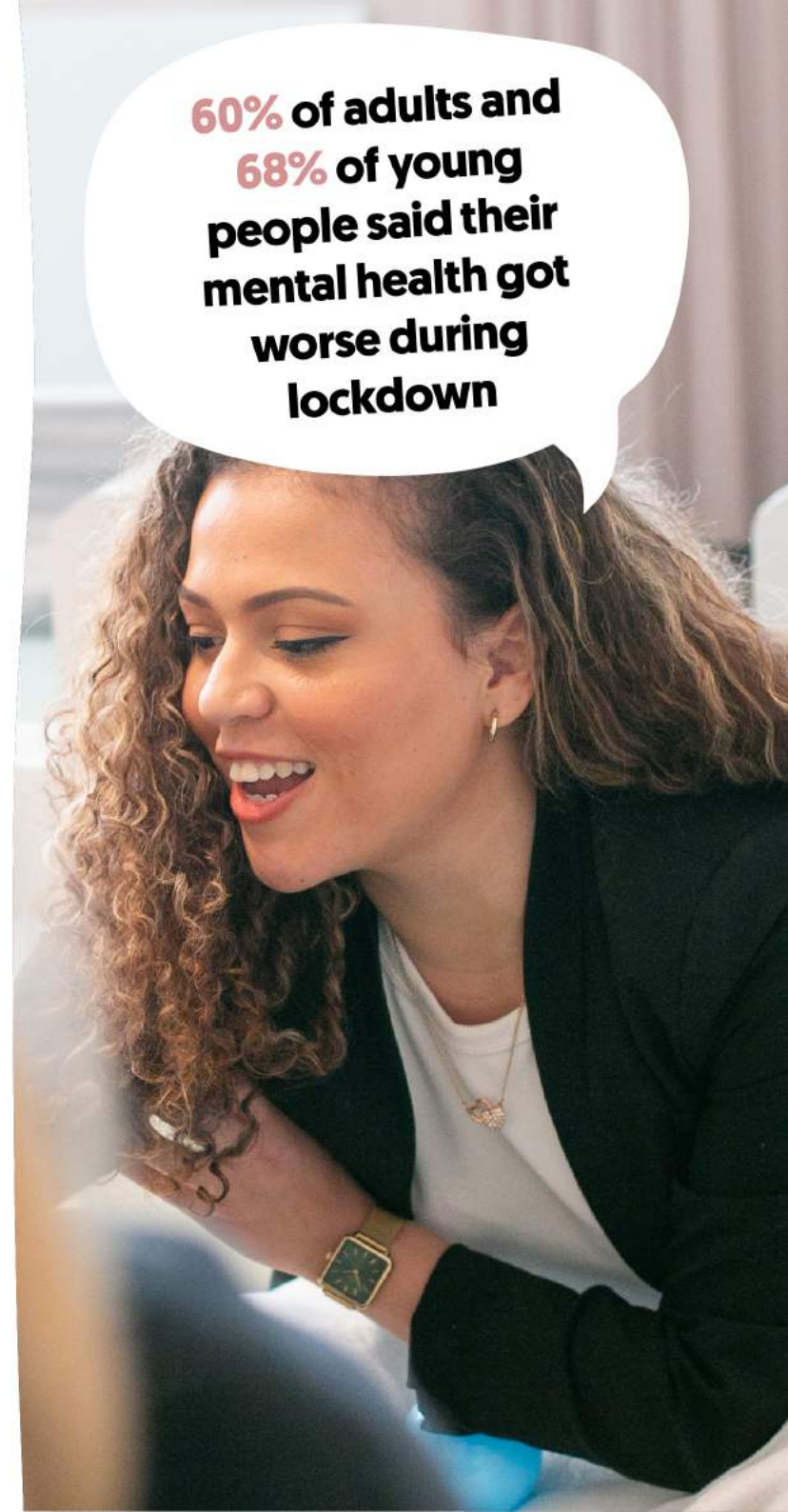
class length

1 Hour session
up to 500 people

format

Online or
Face to face

**60% of adults and
68% of young
people said their
mental health got
worse during
lockdown**



tier 1

'overview' masterclasses

Masterclasses provide a great solution for mental health focussed days and activities that can be available to the whole office.

These masterclasses can be delivered face to face or online, and recorded for you at no extra cost*, meaning they can be re-watched over the next 30 days for anyone who missed them first time around.

All topics that you see advertised are designed to be interactive, packed full of takeaways and offer an opportunity for attendees to engage with questions at the end.

Our 'tier one' masterclasses, are designed to keep things brief, but touch on a wide range of topics surrounding mental health. These are a great way to gauge staff interest, and provide an opportunity to see what specific topics your staff would want to see more of.



mental health awareness

Recognise the signs and symptoms of mental ill health in yourself and those around you. Learn the ways in which mental health can present itself and touch on important topics and support mechanisms. Packed with useful take-aways, this course focuses on the small steps we can all take to realign our mental well-being and be at our best self.

mental health for managers

Understand the effect that mental ill health can have on your teams. Spot the early signs of mental ill health and learn important ways to support and signpost individuals to get the help they require. Understand how to effectively approach a person in crisis and the tools required to build an open communication line with your peers.

tier 2

'specific' masterclasses



Our 'tier two' - masterclasses are ideal for those that want to dive a little deeper on 'specific' mental health topics. They come packed with information and takeaways. We will be adding to both tier one and tier two masterclasses regularly so keep an eye out for updates!

men's mental health

It's no secret that suicide is the leading cause of death for men under the age of 50 with 77% of overall suicide numbers being male. For this reason the topic of men's mental health has a masterclass of it's very own. Learn about the stigma attached to mental health in men and take away useful tips on how to support your male loved ones specifically.

coping with change

One of the leading causes for the deterioration of mental health can be how we cope with change. In this masterclass, understand the stages of change and how a positive outlook can form the foundation of effective adaption. With lifestyle changes such as working from home, this class is packed full of tips and tricks to implement immediately to support a more positive outlook.

avoiding burnout

With working life very different post pandemic, we are finding more and more individuals being affected by burnout. What is burnout? What are the signs of burnout setting in? How can we adjust to avoid it and how do we support our colleagues and loved ones by making lifestyle changes to prevent the negative mental impacts of burnout? This class explains it all.

talking menopause

Menopause and perimenopause symptoms can have a big impact on your daily life, including relationships, social life, family life and work. In this class we delve specifically into the mental problems that can stem from these changes. Low mood, anxiety, mood swings. This class covers it all with some easy takeaways and support systems that you can utilise immediately.

coming soon!

course prices.

All of our Mental Health training courses are available in either face to face* or Online formats.

We use Zoom video conferencing for our online courses and all participants will receive details on how to register, download the materials and navigate the software ahead of the call.

Participants are encouraged to contribute, however are also welcome to have their cameras 'off' should they wish for extra privacy.

Courses include a mix of informational slides, group breakout sessions and media content.

All courses displayed here are MHFA England accredited.

mental health aware

- Space for up to 25 attendees
- £138 per person *

4 hours

£3450
including materials

mental health champion

- Space for up to 16 attendees
- £220 per person *

8 hours

£3520
including materials

mental health refresher

- Space for up to 25 attendees
- £170 per person

4 hours

£4250
including materials

mental health first aider

- Space for up to 16 attendees
- £355 per person *

16 hours

£5680
including materials

*All prices are exclusive of VAT
Price per head totals based on maximum number of attendees

“

amazing, just amazing! i loved the course, i loved the trainer, i loved the content and just wanted to learn more and more!

i took away some very useful tools and techniques that i could use myself, as well as support those around me.

”





book now.

To book your mental health training with us, please speak to your Paws in Work representative, or send an email to:

bookings@pawsinwork.com

amazon

ebay

Google

RBS

Gumtree

ticketmaster®

Petplan®

**let's talk about mental health.
let's continue to work together and
create a better life for people
and pups.**