

## Paycare Wellbeing

### MHFA Mental Health First Aid Training

Mental health first aid training for you and your teams, delivered by Paycare Wellbeing's team of MHFA accredited trainers. We share your passion to give your team the skills and knowledge to confidently open the discussion of mental health in your workplace.

Why Paycare Wellbeing? As a not-for-profit health cash plan provider, we're firm believers that prevention is far better than cure. We reinvest funds into the business for the good of our customers and policyholders. Since 1874 we've made it our absolute mission to help individuals – young, old and everyone in-between – to care for their bodies, and minds, to help ensure you enjoy the best possible health (physically, mentally, and financially). Paycare has grown to become one of the most respected health and wellbeing providers in the UK, with over 40,000 policyholders benefitting from an array of support from optical, through to counselling.

Trust the experts. Our Paycare Wellbeing MHFA courses are an extension of this preventative approach. As with all Paycare products and in line with our values, we're proud to offer these courses to you at an affordable cost to ensure that they are accessible to as many people as possible. As Legislation is considered in this area to ensure each business has MHFA support within, much like regular first aiders, this is a great opportunity for you to be at the forefront of this revolution in employee wellbeing as well as establishing a genuine openness to mental health awareness.

#### Training Courses

##### **Become a Mental Health First Aider - 2 Day Course for £225**

Delegate numbers - up to 15 (running monthly)

This two-day course qualifies you as a Mental Health First Aider, giving you an in-depth understanding of mental health and the factors that can affect wellbeing, alongside practical skills to spot the triggers and signs of mental health issues.

You'll build the confidence to step in, reassure and support a person in distress with non-judgemental listening. Knowledge gained on this course will equip you with the tools to encourage someone to recover their health and guide them to further support.

##### **Become an MHFA Champion - 1 Day Course for £170**

Delegate numbers - up to 15 (running monthly)

This one-day course qualifies you as an MHFA Champion, helping you to understand common mental health issues. You'll also build knowledge and confidence to advocate mental health awareness. With the ability to spot signs of mental ill-health you'll be able to develop skills to support positive wellbeing.

##### **Become Mental Health Aware – 0.5 Day Course for £95**

Delegate numbers - up to 20 (running monthly)

This introductory four-hour session raises awareness of mental health. You'll learn about what mental health is and how to challenge stigma. It will give you a basic knowledge of some common mental health issues, an introduction to looking after your own mental health and maintaining wellbeing. It will give you confidence to support someone in distress or who may be experiencing a mental health issue.

## Delivery

All courses are delivered face to face, on or offsite, by our MHFA accredited team, in up to four manageable sessions over 2, 1 or half a day. Built around a Mental Health First Aid action plan, each course offers a balanced mixture of presentations, group discussions and workshop activities.

### All courses include the following standard elements;

1. A certificate of attendance to say you are a Mental Health First Aider
2. A manual to refer to whenever you need it
3. A workbook including a helpful toolkit to support your own mental health
4. A quick reference card for the Mental Health First Aid action plan\*

### By choosing Paycare Wellbeing as your provider, you will also benefit from these exclusive additions;

5. Paycare's Bundle package which includes an Employee Assistance Program, Paycare Perks discount platform and GP 24/7 for 6 months
6. Discount on any future refresher training completed with Paycare Wellbeing
7. A delicious lunch, from a local artisan bakery. Provided, for those completing training at Paycare House\*

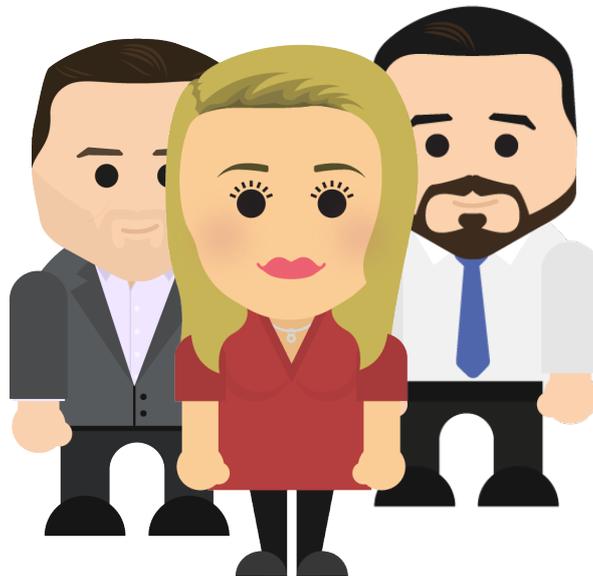
Our Wellbeing Manager Kerry Mitchell has years of experience in the field of Mental Health, actively supporting her own and her client's teams and embedding her professional skills. She'll be happy to answer any further questions you might have, so get in touch or follow what she's up to on LinkedIn at [linkedin.com/in/kerry-b-mitchell-tonks](https://www.linkedin.com/in/kerry-b-mitchell-tonks).

\*for delegates who complete the full day or two-day training.

## Book Now

Visit [www.paycarewellbeing.eventbrite.com](https://www.paycarewellbeing.eventbrite.com) and book to join our next session now.

For more information, contact us now on [enquiries@paycare.org](mailto:enquiries@paycare.org) or call our team on 01902 371000.



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