



Mental Health & Wellbeing Training



Our training courses are designed for both individuals and workplaces.

If you're an individual who would like to improve their knowledge around mental health, become a certified Mental Health First Aider or just take some time for your own wellbeing, there will be a session for you.

Alternatively if you're a workplace who would like to book just a few places to benefit your team, our open access courses are ideal. All open access training takes place at our offices in Manchester City Centre or online. All courses can be booked via our website.

If you're a workplace wanting to book a session for a larger group, please contact us to find out more.





Investing in your workforce

Investing in mental health and wellbeing training creates a healthier, more engaged workforce. Our courses are designed to equip your teams with practical tools to thrive professionally and personally, fostering a culture where people feel valued and supported.

- Improved Productivity & Focus
- Reduced Workplace Stress
- Better Team Morale & Collaboration
- Enhanced Work-Life Balance



The Difference You Make

“Because of you, I have
hope
things can change.”

Person who used a Manchester
Mind Service

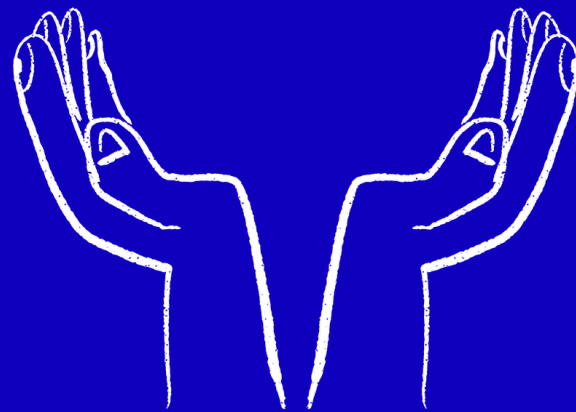
When you book training with
Manchester Mind, you're helping to
support a local mental health charity.
All profit made from our training is
reinvested back in to our charity to
continue supporting the people of
Manchester .

“Thank you for all the
help,
if it wasn't for Mind
I wouldn't be here.”

Quote from person attending
support session.

11,000

people supported with their
mental health across all our
services



“Their support has been
life-changing for me, and
I am beyond thankful for
their ongoing help during
this challenging time.”

Person receiving support from
Manchester Mind services



3,300

calls picked up by our
welcome and access team
in 2024-2025

Training Courses

Page 6 - Suicide Risk Awareness Support

Page 7 - Menopause Awareness

Page 8 - Mental Health First Aid

Page 9 - MHFA Refresher

Page 10 - Mental Health Awareness

Page 11 - Supporting Mental Health - A
Managers Guide

Page 12 - Active Listening



Suicide Risk Awareness Training

What is it?

Many people worry about saying the wrong thing when someone talks about suicide. This practical training will help you feel more confident having supportive conversations, recognising when someone may be struggling, and knowing how to help.

What it covers:

- How to talk about suicide safely and compassionately
- How to recognise signs someone may be struggling
- How to respond and connect people with support
- Looking after your own wellbeing when supporting others

What you'll take away:

- Greater confidence having conversations about suicide
- Practical tools you can use straight away
- A better understanding of how to respond safely
- Knowledge of where to find help and support

How Long?

4 Hours

Book Here



Please note:

This training includes discussions about suicide, self-harm, and real-life experiences, which some people may find emotionally challenging. Support will be available throughout the session.

Menopause Awareness

What is it?

An interactive and practical workshop offering ideas and tools to build confidence to support yourself or others in this important transitional life stage.

What it covers:

Symptoms, hormones, what can help and how you can support yourself, your friend or your colleague, whilst also discussing the positives!

Who can attend?

Anyone!

How long?

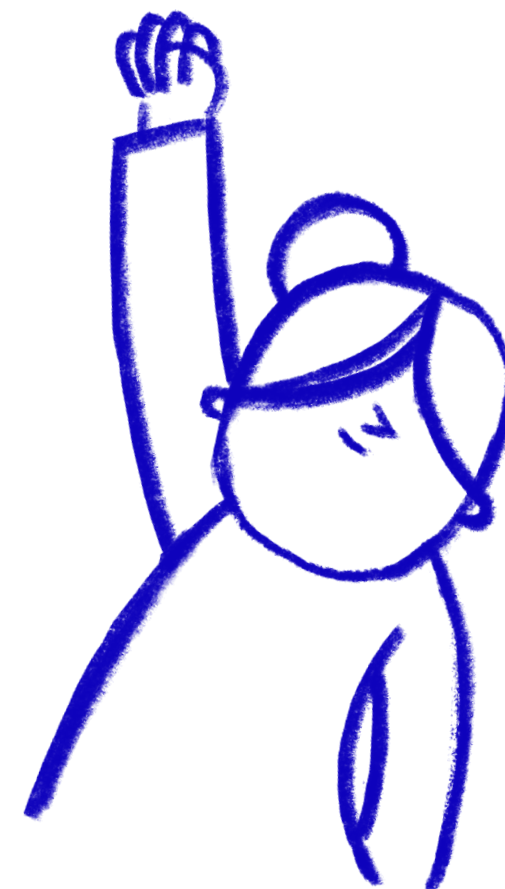
90 minutes



How insightful and informative it was. How little knowledge there is about something so foundational and the scale of which it can affect people



Book Here



Mental Health First Aid (MHFA)

What is it?

An evidence-based training programme that teaches people how to identify, understand and respond to signs of mental health issues.

What it covers:

Learn to recognise warning signs of poor mental health, and develop the skills and confidence to approach and support someone who may be experiencing a mental health problem while keeping yourself safe.

Who can attend?

Anyone who wants to be better equipped to notice when a person may be struggling and offer initial support.

How Long?

2 days

Book Here



Mental Health First Aid (MHFA) Refresher

Book Here

What is it?

A session refreshing learning from the full MHFA England Training, attendance will recertify attendees as MHFAers for another 3 years,

What it covers:

This course will recap important aspects of the initial Mental Health First Aid (MHFA) training and cover any important updates and advancements in MHFA. Completing the course will also provide access to the new MHFA England Support App for 3 years of support and benefits.

Who can attend?

Anyone who has attended the MHFA England training within the last 3 years.

How Long?

4 Hours



Mental Health Awareness

What is it?

An ideal introduction for anybody looking to gain increased awareness and knowledge surrounding mental health.

What it covers:

What is mental health, the mental health continuum, symptoms and signs of common mental health problems, suicidal thoughts, myths and stereotypes surrounding mental health problems, how to support someone who is in mental distress, signposting to local and national support

Who can attend?

This course is suitable for everyone. You do not need any previous training in mental health or wellbeing to attend.

How long?

3 Hours



Book Here

Supporting Mental Health - A Managers Guide

What is it?

A two part course, the first part being Mental Health Awareness, focussing on developing a core understanding of mental health before exploring a range of strategies to provide effective mental health support within a team

What it covers:

Mental Health Awareness, the current picture in mental health and why it's important to invest, the Core and Enhanced Mental Health Standards and how to implement them, relevant tools and resources and where to find them, discussion and practise of having mental health conversations, strategies for developing a positive team culture and a mentally healthy workplace

Who can attend?

Managers or anyone working towards a managerial position

How long?

1 day



 **Book Here**

Active Listening

What is it?

This engaging two-part Active Listening workshop is designed to build confidence and capability in having meaningful, supportive conversations, particularly within mental health and wellbeing contexts.

What it covers:

Over two sessions you will learn reflective listening, open questioning, and non-verbal cues that show genuine engagement. With practical, scenario based learning and a chance to put your new skills in to practice between sessions

Who can attend?

Anyone!

How long?

2 x half day

Book Here



Did you know?

We also rent out our training rooms

Our bright, welcoming rooms have been designed to bring people together – perfect for team meetings, workshops, training sessions or community events.

By choosing to book with Manchester Mind, you're not just hiring a space, you're helping to support better mental health for everyone in our city.

We have 6 training rooms varying in size and even have a few 1:1 spaces available, so if you're looking to book rooms in the heart of Manchester whilst supporting a local charity, please do get in touch.



Contact
us



Want to hear more from Manchester Mind?

Sign up to our [Manchester Mind newsletter](#) for our latest news on services, events and how to support with our work.

Keep an eye on our social media and [website](#) to stay updated with our journey as Your Local Mind.

Find out
more



 0161 769 5732

 training@manchestermind.org

 manchestermind.org



 **mind**
Manchester