



SURE TRAINING

MENTAL HEALTH AWARENESS COURSE



HEALTHY MINDS FOR A HAPPY WORKFORCE

WELCOME TO **SURE TRAINING**

Your Partner in Promoting Workplace Well-being!

In today's fast-paced and dynamic work environment, the importance of mental health awareness cannot be overstated. At Sure Training, we understand that a healthy workplace is crucial for employee well-being, productivity, and overall success. That's why we are delighted to introduce our comprehensive Mental Health Awareness Training tailored specifically for the workplace.

WHY MENTAL HEALTH AWARENESS MATTERS IN THE **WORKPLACE**

In recent years, the conversation around mental health has evolved, shedding light on its impact within professional settings. Employers, now more than ever, recognise the need to create a supportive and understanding workplace culture. Our training program is designed to empower organisations and their employees with the knowledge and skills necessary to navigate mental health challenges effectively.

HOW YOUR BUSINESS WILL BENEFIT FROM **MENTAL HEALTH TRAINING**

Organisations can benefit significantly from mental health awareness training courses for several reasons:

EMPLOYEE WELL-BEING:

Mental health training fosters a supportive workplace culture, addressing stressors and promoting emotional well-being among employees.

REDUCED STIGMA:

Training helps reduce the stigma surrounding mental health issues, encouraging open conversations and creating an environment where employees feel comfortable seeking help.

PRODUCTIVITY:

A mentally healthy workforce is more productive. Training equips employees with tools to manage stress, increasing overall job performance and satisfaction.

EMPLOYEE RETENTION:

Investing in mental health initiatives demonstrates commitment to employee well-being, potentially improving retention rates.

REDUCED ABSENCES:

By promoting mental health, organisations may see a decrease in absence due to mental health-related issues.

ENHANCED LEADERSHIP SKILLS:

Managers equipped with mental health training can lead with empathy, supporting their team members' well-being and fostering a positive work culture.

LEGAL COMPLIANCE:

Awareness training ensures organisations comply with legal obligations related to mental health and workplace safety.

CORPORATE REPUTATION:

Organisations that prioritise mental health create a positive public image, appealing to socially conscious consumers and attracting top talent.

Mental health awareness training is a strategic investment that not only supports the well-being of employees but also contributes to organisational success by improving productivity, reducing risks, and enhancing the overall workplace culture.



OUR **APPROACH**

Sure Training takes a holistic and practical approach to mental health awareness in the workplace. Our expertly crafted modules blend the latest research, real-life scenarios, and interactive learning techniques to ensure an engaging and impactful training experience. We strive to break down stigmas surrounding mental health, fostering an environment where open dialogue and support are encouraged.

WHAT SETS US **APART**



TAILORED CONTENT:

Our training is not a one-size-fits-all solution. We customise our modules to address the unique needs and challenges of your organisation.



EXPERIENCED FACILITATORS:

Our trainers are seasoned professionals with extensive backgrounds in mental health and workplace well-being, ensuring a high-quality and relatable learning experience.



INTERACTIVE LEARNING:

We believe in active participation. Our sessions include discussions, case studies, and practical exercises to reinforce key concepts and encourage skill development.

KEY TRAINING **TOPICS**

- Understanding Mental Health and Mental Wellbeing
- Identifying Myths and Stigma Surrounding Mental Health
- Recognising Signs and Symptoms
- Effective Communication and Support Strategies
- Stress Management and Resilience
- Creating a Supportive Work Environment
- How to Live Improve Wellbeing and Live a Healthier Lifestyle

FAQs

Is the course delivered in one single session?

Yes

How long are the sessions?

2-3 hours

Where does the training take place?

We have a range of options to suit your requirements. In one of our classroom training facility locations; on-site at your place of work or preferred location; delivered remotely online.

How much does it cost?

£600 day rate (includes two courses, 8-10 people per course) or £45 per person (minimum of 8 people). Bespoke package options available on request.

What do we receive at the end?

You will receive certification confirming you have successfully completed the course.

CLASSROOM TRAINING LOCATIONS

- Hull
- Goole
- Scunthorpe
- Leeds
- Barnsley
- Bridlington



TAKE THE FIRST STEP TOWARDS A HEALTHIER WORKPLACE

Investing in mental health awareness training is not just a commitment to your employees' well-being; it's an investment in the overall success of your organisation. At Sure Training, we are passionate about fostering positive workplace cultures, and our Mental Health Awareness Training is a powerful step towards achieving that goal. Join us in creating workplaces where mental health is a priority, and together, let's build a foundation for a healthier, happier, and more productive workforce.



SURE TRAINING

TALK TO A MEMBER OF
OUR TEAM TODAY

✉ info@sure-training.co.uk
🌐 www.sure-training.co.uk