



**MENTAL HEALTH & WELLBEING
SERVICES FOR
SCHOOLS,
FURTHER EDUCATION &
HIGHER EDUCATION SETTINGS**



**MENTAL HEALTH
IN BUSINESS**

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INTRODUCTION

SUPPORTING MENTAL HEALTH & WELLBEING IN EDUCATION

Our education sector mental health and wellbeing offering supports staff and leaders across schools, colleges and universities to create resilient, psychologically safe cultures where both employees and learners can thrive.

We understand that each setting faces distinct pressures – from staff workload and behaviour challenges in schools, to complex pastoral demands and transition pressures in FE, to the intensity of student wellbeing and performance environments in HE – and we tailor our support accordingly.

Through practical training, leadership development and whole organisation culture work, we help education providers reduce stress and burnout risk, strengthen retention and engagement, and embed clear pathways for support.

Our flexible programmes can be shaped to the specific context and priorities of each school, college or university supporting them to create environments where mental health and wellbeing are prioritised and everyone can achieve their full potential.



Claire Russell
Founder & CEO



WHO THIS IS FOR

Our education-sector support is designed for leaders and staff in schools, further education settings and higher education institutions who want to improve mental health, resilience and wellbeing while managing real-world pressures on people, performance and budgets.

SCHOOLS

This brochure is for headteachers, deputy heads, senior leadership teams, governors and classroom teachers, as well as support staff such as TAs, pastoral leads and business managers. You may be dealing with growing workload and accountability pressures, behaviour and safeguarding concerns, emotionally demanding parent interactions and the cumulative impact of change and inspection cycles on staff morale. We help you support staff who are exhausted, anxious or close to burnout, build psychologically safe teams, and create a consistent whole school approach to mental health that protects both people and performance.

FURTHER EDUCATION SETTINGS

This is for principals, vice principals, heads of department, tutors, student support and safeguarding teams working in FE colleges and sixth form settings. You may be navigating high caseloads, complex learner needs, attendance and retention challenges, as well as the emotional toll on tutors and support staff of holding significant pastoral responsibility alongside teaching and funding pressures. We help you equip managers and tutors to have confident wellbeing conversations, manage boundaries, and respond early to signs of stress or crisis, while embedding a coherent, college wide approach to staff and learner mental health.

HIGHER EDUCATION SETTINGS

This brochure is for university leaders, HR and OD teams, faculty deans, heads of school, programme leaders, personal tutors, student services and wellbeing teams. You may be grappling with rising student mental health concerns, pressure on counselling and support services, demanding academic workloads and research pressures, and the impact all of this has on staff stress, compassion fatigue and burnout. We help you support personal tutors and line managers to respond safely and effectively to wellbeing concerns, foster psychologically safe academic and professional services teams, and align staff mental health strategies with your wider institutional priorities for student experience, retention and performance.

SUICIDE FIRST AID CHILDREN AND YOUNG PEOPLE (SFA:CYP)

TRAINING OVERVIEW

Teaching the theory and practise of suicide intervention skills that can be applied in any educative setting, with transferable skills to personal settings. Captured in a one-day event accredited by the Royal Society of Public Health (RSPH) this training is for education staff seeking greater understanding and confidence to intervene with CYP experiencing suicide thoughts. The SFA:CYP course gives Learners the knowledge, skills and confidence to understand that suicide is one of the most preventable deaths amongst CYP. Responding appropriately from a Safeguarding perspective, underpinned by UNCRC and a trauma informed approach.

We use only the most experienced suicide prevention trainers who also have experience working with CYP including backgrounds in Mental Health and Suicide Prevention settings.

TRAINING DELIVERY

Delivered over 1 day, and comprised of 4 parts, each 90 minutes duration. this interactive and engaging learning experience with tutor-led presentations, films and group work can be delivered 'face to face' or online.

TRAUMA INFORMED PRACTISE

SFA:CYP will not detail graphic content of means to suicide and there is no expectation on learners to share personal experiences.

Learners will be asked to self-reflect and consider how suicide impacts CYP and those supporting them when they are having suicide thoughts.



SUICIDE FIRST AID CHILDREN AND YOUNG PEOPLE (SFA:CYP)

WHO SHOULD ATTEND?

Principals, Head Teachers/Heads of Year, Safeguarding leads, Teachers, Tutors, Teaching Assistants, School counsellors, Pastoral Staff, Residential School Settings, School Health Nurses, LSA (Learning Support Assistant)/ELSA (Emotional Literacy Support Assistance)/School based Counsellors/Youth Workers. Administration Staff, Primary Care Staff/Hospital School Teaching Teams, Alternative Education Provision, Secure Unit Staff Teams etc.

ACCREDITATION

Participants can choose to register for Royal Society for Public Health (RSPH) Level 4 Award in Suicide First Aid®. This is an additional written assignment and upon completion participants will receive an official qualification certificate from RSPH.

10% of children and young people have a clinically diagnosable mental health issue

Source: Green et al. Mental health of children and young people in Great Britain

50% of mental health issues are established by age 14 and 75% by age 24

Source: Kessler: Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders

Suicide is the most common cause of death for people aged 5-19

Source: Public Health England: Health Profile for England 2017

But only 25% of young people with a diagnosable mental health issue get access to the treatment and care they need

Source: Green et al.



YOUTH MENTAL HEALTH FIRST AID TRAINING

TRAINING OVERVIEW

Youth Mental Health First Aid (Youth MHFA) gives people an in-depth understanding of young people's mental health and factors that affect wellbeing. This training equips participants with the practical skills to spot the triggers and signs of mental health issues and the knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate.

TRAINING DELIVERY

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn. Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Youth Mental Health First Aid action plan.

WHO IS IT FOR?

Everyone who teaches, works, lives with or cares for 8 to 18-year-olds. The course is open to anyone age 16 and up. We need consent from a parent or guardian for people under 18.

UPON COMPLETION

Attendees of this course will have:

- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after their own mental wellbeing
- A Youth MHFA manual to refer to whenever they need it
- A certificate to say they are a Youth Mental Health First Aider
- A 60 min 1-1 follow-up coaching call with a trained wellbeing coach, along with ongoing support from our experienced team.



YOUTH MENTAL HEALTH FIRST AID SURGERIES / SUPERVISION

SESSION OVERVIEW

The role of Youth Mental Health First Aiders in supporting individuals facing mental health challenges can sometimes be a big responsibility. To ensure their well-being and effectiveness, regular supervision sessions are essential. By investing in ongoing supervision, we can nurture a robust support system that empowers Youth MHFAiders® and ultimately contributes to the mental well-being of individuals, communities and businesses.

During these 1-hour online sessions attendees will:

- Receive ongoing support, guidance and supervision with live mental health issues as they arise (whilst ensuring confidentiality is maintained where appropriate).
- Develop their knowledge and skills in a safe and supportive environment.
- Practice, with expert guidance, applying the Mental Health First Aid action plan in a wide range of scenarios; via group discussion and utilising case studies, conversations skills practice, mental health quizzes and exclusive video content.
- Receive support with the development of the MHFAider® role and with mental health initiatives.

Those trained as Youth MHFAiders® and taking part in the supervision sessions will also have unlimited email support from our team as well as additional 1-1 support if needed.

OUR PLEDGE:

At MHIB we believe so strongly that individuals should never be trained as MHFAiders®, or Youth MHFAiders®, without having a support framework in place, that we will never train any individual or group as MHFAiders® without providing ongoing support and supervision.



ADULT MENTAL HEALTH FIRST AID TRAINING

TRAINING OVERVIEW

This course is ideal for teachers, tutors & support staff who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.

In addition to the course, they will become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through our MHFAider Support App®, to give them the tools and knowledge needed to carry out the role effectively and confidently, whether that be in the workplace, a volunteer role, or in the community.

TRAINING OUTCOME

As an MHFAider® you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other support
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider® role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

TRAINING DELIVERY

Two delivery options are available:

- Online via 4 x 4 hour live training sessions.
- Over 2 full days if delivered in person.

WHAT MAKES US UNIQUE?

We offer all delegates a 1-1 follow-up coaching call with a trained wellbeing coach, along with ongoing support from our experienced team.

ACCREDITATION

We are licenced and accredited to deliver MHFA England's MHFA training which is recognised by the Royal Society for Public Health. MHFAiders receive three years of certification, plus access to ongoing benefits.

SUICIDE FIRST AID THROUGH UNDERSTANDING SUICIDE INTERVENTION (SFAUSI)

TRAINING OVERVIEW

Teaching the theory and practise of suicide intervention skills that can be applied in any educational, professional or personal setting, captured in a one-day event accredited by the Royal Society of Public Health (RSPH).

We use only the most experienced suicide prevention trainers to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

TRAINING DELIVERY

SFAUSI is comprised of 4 parts, each 90 minutes duration. The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide- safety as a first aid approach.

TRAINING OUTCOME

The SFAUSI course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

This training is intended to support early intervention, signposting and safe conversations, not as a replacement for clinical support.

ACCREDITATION

Participants can choose to register for Royal Society for Public Health (RSPH) Level 4 Award in Suicide First Aid®. This is an additional written assignment and upon completion participants will receive an official qualification certificate from RSPH.

WORKSHOPS FOR TEACHERS, TUTORS & SUPPORT STAFF - HALF-DAY WORKSHOP

THRIVING IN EDUCATION – BUILDING STRESS RESILIENCE AND WELLBEING

SESSION OVERVIEW

This interactive half-day workshop is tailored for teachers, tutors & support staff, focusing on practical, evidence-based approaches to managing stress and building resilience.

Drawing on the latest research in educators' wellbeing, emotion regulation and positive psychology, the session blends expert input, peer discussion and hands-on exercises. Participants will leave with actionable strategies to enhance their own mental health and sustain their passion for teaching.

SESSION OBJECTIVES

- Understand the unique stressors and mental health challenges faced by teachers, tutors & support staff.
- Explore the science of resilience and its relevance in education.
- Learn and practise evidence-based stress management techniques, including mindfulness, cognitive reappraisal and self-care routines.
- Develop a personalised wellbeing action plan for ongoing support.

KEY TAKEAWAYS

- A toolkit of practical strategies to reduce stress and prevent burnout.
- Enhanced understanding of resilience and how to foster it in daily life.
- A personalised wellbeing plan tailored to individual needs and school context.
- Increased confidence to seek support and maintain a healthy work-life balance.



WORKSHOPS FOR TEACHERS, TUTORS & SUPPORT STAFF - 2 X 2HOUR WORKSHOPS

MENTAL WELLBEING FOR LEADERS

OVERVIEW

Aimed at all staff with leadership responsibility, we offer this as either a suite of two hour workshops which can be delivered virtually or in person, or as a full day in-person training.

Each workshop is suitable for head teachers, deputy heads, year heads and department heads.

OBJECTIVES

- Help leaders and managers understand and fulfil their responsibilities around their team's wellbeing.
- Equip leaders to support, communicate and help to establish a healthy workplace wellbeing culture.
- Give leaders the skills, knowledge and resources to identify signs of poor mental wellbeing within the workplace.
- Create adjustments and balance life and work.
- Support team members through life events.

UPON COMPLETION

After completion, all participants receive a Mental Wellbeing for Leaders resource pack to help them to support others and help them to take care of their own mental health & wellbeing.

WHO IS IT FOR?

These workshops are especially suited to leadership teams who want to translate wellbeing strategy into consistent, confident action across departments.

The workshops have been designed to support leaders to move beyond awareness, learn practical, real-world skills to support staff wellbeing day-to-day and to feel confident, capable and equipped - not just informed.



TEACHER, TUTOR & SUPPORT STAFF WELLBEING SERIES: SUSTAINING YOURSELF IN EDUCATION

A three-part workshop series for teachers, tutors & support staff

SESSION 1: UNDERSTANDING STRESS & RESILIENCE

SESSION OVERVIEW

This session explores the unique pressures faced by teachers, tutors & support staff, examining the science of stress and the foundations of resilience. Participants will reflect on their personal stressors, learn how stress affects wellbeing and performance, and discover the latest research on resilience in the education sector. The session includes interactive discussion, self-assessment, and practical exercises to help staff identify their own resilience strengths and areas for growth.

SESSION OBJECTIVES

- Recognise the key sources of stress in teaching and education roles.
- Understand the physiological and psychological effects of stress.
- Explore the concept of resilience and its importance for educators.
- Identify personal and professional resilience strategies.

KEY TAKEAWAYS

- Increased awareness of individual and systemic stressors.
- A clear understanding of resilience and how it can be developed.
- Personal insights into current coping strategies and areas for enhancement.
- Practical tools to begin building greater resilience.

WHO IS IT FOR?

Teachers, tutors and all support staff seeking to better understand stress and resilience in their professional and personal lives.



TEACHER, TUTOR & SUPPORT STAFF WELLBEING SERIES: SUSTAINING YOURSELF IN EDUCATION

SESSION 2: PRACTICAL TOOLS FOR MANAGING STRESS

SESSION OVERVIEW

This hands-on session introduces a range of evidence-based strategies for managing stress and maintaining wellbeing in an education setting. Participants will learn and practise techniques such as mindfulness, cognitive reappraisal, and emotion regulation. The session will also cover the importance of self-care, healthy boundaries, and recognising when to seek additional support. Real-life scenarios and group exercises will help staff develop a personalised toolkit for managing day-to-day pressures.

SESSION OBJECTIVES

- Learn and practise mindfulness and relaxation techniques.
- Understand cognitive strategies for reframing stressful situations.
- Explore emotion regulation and self-care practices tailored for those working in education.
- Develop a personal stress management plan.

KEY TAKEAWAYS

- A practical toolkit of stress management techniques for immediate use.
- Confidence in applying mindfulness and cognitive strategies at work.
- Enhanced self-awareness of emotional responses and triggers.
- An actionable plan to support ongoing wellbeing.

WHO IS IT FOR?

Teachers, tutors and all support staff looking for practical, evidence-based strategies to manage stress and support their mental health.



TEACHER, TUTOR & SUPPORT STAFF WELLBEING SERIES: SUSTAINING YOURSELF IN EDUCATION

SESSION 3: EMBEDDING WELLBEING IN EVERYDAY PRACTICE

SESSION OVERVIEW

The final session focuses on sustaining wellbeing over the long term by embedding positive habits and building supportive networks within the education community. Participants will explore strategies for maintaining work-life balance, fostering a culture of peer support, and integrating wellbeing practices into daily routines. The session concludes with the development of an individual wellbeing action plan and guidance on accessing further support and resources.

SESSION OBJECTIVES

- Identify barriers and enablers to sustaining wellbeing in education settings.
- Explore approaches to building a supportive and open culture.
- Create a personalised wellbeing action plan.
- Know where and how to access ongoing support and resources.

KEY TAKEAWAYS

- A clear, personalised plan for embedding wellbeing in daily life.
- Strategies for building and maintaining supportive professional relationships.
- Practical ideas for promoting a positive wellbeing culture.
- Knowledge of further resources and support networks.

WHO IS IT FOR?

All education professionals & support staff committed to sustaining their own wellbeing and contributing to a positive, supportive education environment.



WEBINARS - TOOLS FOR TEACHERS, TUTORS & SUPPORT STAFF

DEVELOPING RESILIENCE IN YOUNG PEOPLE

SESSION OVERVIEW

Resilience is the foundation for positive mental health. In this session we will explore how we can protect and promote the idea of resilience and good mental wellbeing for all young people, whether they have mental health conditions or not.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Summarise the relationship between resilience and mental health
- Understand some barriers to resilience building
- Explain how to promote the idea of resilience and good mental health
- Identify ways to support young people to develop resilience

EMPOWERING EMOTIONAL INTELLIGENCE: TOOLS FOR TEACHERS, TUTORS & SUPPORT STAFF

SESSION OVERVIEW

Exploring the importance of emotional intelligence in young people's well-being, and offering educators strategies to enhance emotional awareness, regulation, and communication in the classroom.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Define the core components and benefits of emotional intelligence in young people's development.
- Explore practical techniques to cultivate emotional awareness and regulation in the classroom.
- Enhance educators' skills in fostering empathy, resilience, and positive relationships among students.
- Implement strategies to teach emotional intelligence concepts and skills effectively to support student well-being.



WEBINARS - TOOLS FOR TEACHERS, TUTORS & SUPPORT STAFF

UNDERSTANDING ANXIETY IN YOUNG PEOPLE: STRATEGIES FOR TEACHERS, TUTORS & SUPPORT STAFF

SESSION OVERVIEW

Exploring the signs, causes, and impact of anxiety in young people, and equipping teachers, tutors & support staff with practical strategies to support anxious students in the classroom.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Identify common signs and symptoms of anxiety in young people to enhance early detection.
- Understand the possible causes and impact of anxiety on students' academic performance and overall well-being.
- Learn practical strategies and tools to create an anxiety-informed classroom environment.
- Develop skills to support and empower anxious students through effective communication and intervention.

PROMOTING POSITIVE BODY IMAGE IN YOUTH

SESSION OVERVIEW

Addressing body image issues in young people, discussing societal influences, and empowering teachers, tutors & support staff to foster body positivity and self-esteem among students.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Recognise the factors influencing body image perception in young people.
- Explore the relationship between body image, self-esteem, and mental health in students.
- Acquire practical techniques to promote body positivity and acceptance in the education environment.
- Equip participants with resources to address and counter negative body image messages effectively.



WEBINARS - TOOLS FOR TEACHERS, TUTORS & SUPPORT STAFF

UNDERSTANDING SELF HARM

SESSION OVERVIEW

Self harm is a confronting subject and one that affects many young people. It is important that those living with and responsible for the safety and wellbeing of young people understand the risk factors for self harm and how to respond to incidents of self harming behaviour.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Summarise the risk factors for self harm
- Explain how to talk with young people about self harm
- Identify some harm minimisation techniques
- Understand and reduce the risk of escalation

NAVIGATING DIGITAL WELL-BEING: SUPPORTING STUDENTS IN THE DIGITAL AGE

SESSION OVERVIEW

Discussing the impact of technology on mental health in young people, and guiding teachers, tutors & support staff on promoting healthy screen time habits, cyber safety, and digital well-being.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Understand the impact of digital technology on students' mental health and well-being.
- Educate teachers, tutors & support staff on fostering healthy digital habits and responsible online behaviour among students.
- Provide guidance on promoting cyber safety and addressing digital addiction issues.
- Empower educators with strategies to support students in achieving a balanced digital lifestyle.



WEBINARS - TOOLS FOR TEACHERS, TUTORS & SUPPORT STAFF

MINDFULNESS IN EDUCATION: INTEGRATING MINDFUL PRACTICES FOR STUDENT WELL-BEING

SESSION OVERVIEW

Introducing mindfulness practices in the educational setting, emphasising their benefits for mental health, attention, and self-regulation, and providing teachers, tutors & support staff with practical ways to incorporate mindfulness into daily routines with students.

SESSION OBJECTIVES

Having attended this session, delegates will be able to:

- Introduce the concept of mindfulness and its impact on student well-being and academic performance.
- Equip teachers, tutors & support staff with essential mindfulness practices to enhance attention, focus, and self-regulation in students.
- Provide guidance on integrating mindful activities into daily routines and curriculum for a mindful classroom.
- Support educators in fostering a culture of mindfulness and promoting mental health awareness in the school community.



ADDITIONAL SERVICES

WELLBEING STRATEGY

Work closely with our team of workplace mental health experts to design a long-term organisational mental health & wellbeing strategy that perfectly suits your business and complements existing wellbeing initiatives.

POLICY & DOCUMENT REVIEW

We help to review and amend all policies & procedures to align with your mental health & wellbeing policy. We also provide support and guidance to produce a suite of documents that support the implementation of the organisational mental health strategy.

COACHING & ONGOING SUPPORT

We provide ongoing support to all participants of training courses with us. Additionally, we offer one-to-one mental wellbeing coaching where we work with individuals to help them develop good mental wellness so they can thrive at work and at home.

MEASURING EMPLOYEE WELLBEING

We work with you to create a series of employee wellbeing surveys which are carried out at strategic points during our work together. The surveys will measure employee wellbeing and happiness focusing on key metrics such as; life satisfaction, sense of purpose, feelings of happiness, levels of stress & anxiety and feelings of productivity while at work.

MENOPAUSE IN THE WORKPLACE TRAINING

Menopause At Work is a suite of 5 workshops designed to support you and your team in creating an inclusive, supportive, menopause-positive workplace environment where colleagues can talk openly about menopause. This helps to reduce stigma and ensure that colleagues experiencing menopause symptoms feel supported and can continue working productively.

OUR LEAD TRAINERS

CLAIRE RUSSELL, CEO, FOUNDER & LEAD TRAINER

- Clarity Coach
- Menopause Experts Group Menopause Trainer and Coach (MEG)
- Breathe to Heal Facilitator (Yoga Alliance Approved)
- MHFA England Mental Health First Aid Instructor (Adult)
- MHFA England Mental Health First Aid Instructor (Youth)
- Understanding Suicide Intervention (NCSPET)
- Understanding Suicide Intervention Children and Young People (NCSPET)
- Source Process and Breathwork Practitioner and Therapist (GPBA Accredited)



With over 20 years of corporate leadership experience and a powerful personal story, Claire is a passionate advocate for breaking mental health stigma and reducing suicide rates. Her work is shaped by lived experience, including her own mental health challenges and the loss of her partner to suicide, making her a deeply authentic and impactful speaker, trainer, and coach. Claire is also a long-standing volunteer with Samaritans and a sought-after voice on resilience, workplace wellbeing, and suicide prevention.

STEVE HEATH

- Co-founder and Engagement Director
- 10+ years of business ownership and leadership experience
- MHFA England Mental Health First Aid Instructor (Adult)
- Breathe to Heal Facilitator (Yoga Alliance Approved)
- SOURCE Process & Breathwork Therapist
- Clarity Coach



Steve is deeply passionate about workplace wellbeing, bringing challenging topics to life through powerful insights drawn from his own lived experience with poor mental health.

JAY UNWIN

- Over a decade of experience spanning education, fitness, and psychology
- MSc in Psychology and BSc (Hons) in Biology
- Graduate member - British Psychological Society
- Associate member - International Stress Management Association
- Associate member - British Society of Lifestyle Medicine
- Former science teacher, functional fitness coach, and gym owner
- Lived experience of burnout, cancer, depression, and fibromyalgia

Jay's mission is to drive cultural change and equip individuals and organisations with the tools to thrive in work and life.



CASE STUDY



Following Covid - we had all changed. We had re-evaluated our lives and what was important to us. It also took a toll on our mental health. Our business recognised the need to reassure our workforce that we understood the impact on everyone and wanted to provide as much support as possible – in the words of our CEO, to ‘put our arms around the business’.

The business has formed an enviable reputation, over 100 years, offering jobs for life for those that want safe and secure employment. It is vitally important to us that we retain our unique offering, a family business for families. We have 3rd generation colleagues working in the business but we recognise the needs of today’s workforce may differ to those of yesterday. **Our partnership with Mental Health in Business has been a perfect fit for our organisation, reaching all levels and length of service.**

We introduced 40 mental health first aiders across the country, that has allowed us to facilitate many conversations and offer a whole new level of support to our colleagues, peer to peer.

We have taken our full management team through the ‘Managing Mental Health’ course and grown their confidence – not just in managing mental health but holding open and honest discussions too.

MHIB host **monthly webinars for our whole workforce**, which are recorded so can be accessed at any time for people who maybe can’t make the session, for example as a result of our different shift patterns. These are regularly attended by our senior team and we do not underestimate the power of the leadership teams visibility – **it really helps our colleagues know, we are taking this seriously.**

CASE STUDY



In our engagement survey, we have specific commentary referencing the MHIB partnership.

“It’s good to see that our business offers support on mental health”

“I really enjoy the webinars, I particularly enjoyed the Menopause one, it’s always been a closed subject until now”

“The introduction of MHFAs is a really welcome step from WHM, the company is going in the right direction with this help”

“The webinars make me think differently about my own mental health”

For us, this is endorsement from our colleagues for our partnership.

Our MHFAs report that they feel really empowered to help others. It’s no surprise that our wellbeing score has increased year on year since the introduction of MHIB.

Finally, I would add that it is a privilege to work with the MHIB team who are exceptional in their knowledge and delivery.

The topics are delivered with sensitivity, warmth and compassion, all while understanding your business complexity – it is not one size fits all, which was hugely important for us.

To anyone wanting to introduce mental health support into your business, do it without hesitation.

The team are so knowledgeable and made the administration side of things very easy, the quality is top notch, I’ve never seen a better package put together.

OUR CLIENTS

