



**cavendish
wellbeing**

Mental Health Champion

1 day course delivered face-to face or online

£215 per learner, max 16 learners

£2350 Private group price (up to 16 learners)

includes donation to Cavendish Cancer Care

7 hours of content; instructor led, group discussions & individual / group activities

Why this course?

Trained Mental Health First Aid Champions in your workplace can promote greater understanding of mental health and help build a mentally healthy workplace. They can play a significant part in ending stigma and discrimination around mental health in the workplace.

Course Outcomes

As an MHFA Champion you will:

- Recognise those experiencing poor mental health, provide with first-level support & early intervention
- Practise active listening & empathy
- Encourage others to identify & access professional help & support
- Practise self-care
- Have a conversation with improved mental health literacy

Your Takeaways:

Participants of the course receive:

- MHFA Champion certificate
- Manual to refer to whenever needed
- Quick reference MHFA action plan
- Workbook with toolkit to support your own mental health

Your Trainer

Julie White is an MHFA®England instructor member, coach and trainer. She has many years HR and people management experience.