



# Mental Health Champions Training.

## High quality training from the experts



### The principles of Mental Health First Aid training delivered at more qualified level.

One Day / Two Day training options available

Do you need to train key staff within your organisation to support and advocate for colleagues with potential stress and mental health problems? This is a highly qualified training workshop delivered by professional experts. Here's a quick overview of a typical workshop:

#### 12 Key learning objectives:

**1)** This is an appropriate and qualified onsite training workshop which is professional version of the Mental Health First Aid concept. It is delivered by Psychiatry / Psychology-qualified professionals rather than non-qualified individuals who have undertaken the short MHFA train-the-trainer workshop.

**2)** Highly qualified teaching, often cheaper than any other amateur-facilitated workshop;

**3)** The training offers an improved understanding of mental disorder and psychiatric illness with a key focus on Stress-related problems; Major Depression; Bipolar Disorders; Anxiety-related Disorders including OCD, Panic Disorder & Agoraphobia; Chronic Psychosis & Schizophrenia; Personality Disorders; Dementia-related Syndromes; Mental Disorder associated with Substance Misuse.

**4)** The training improves participant's understanding stress and its relationship with mental health. Delegates are supported to identify the common causes of stress and provided practical strategies to help vulnerable people make changes designed to reduce stress related cognitions and behaviours. n Improving counselling and 'mental health first aider' communication / interactional skills (please see our stress first aid overview below).

**5)** Participant's learn to recognise risks and mental health emergencies and learn how to escalate concerns appropriately.

**6)** Participants will have an improved understanding of complex personality problems that may be underpinning an individual's vulnerability and understanding the importance of appropriate boundaries;

**7)** Participants will develop a clearer understanding of the experience of mental disorder from the perspective or service users to improve validation and support outcomes;

**8)** Participants will develop an improved ability interact appropriately – including validation skills, appropriate non-verbal behaviours and signposting skills;

**9)** Participants will understand the key mistakes that can exacerbate situations / behavioural problems and how to motivate individuals to seek appropriate health care;

**10)** Participants will develop skills and techniques to support colleagues through the primary healthcare process, ensuring that their patient rights are addressed.

**11)** All participants will receive A 50-page industry-standard diagnostic workbook and access to further learning materials and peer-reviewed articles;

**12)** All participants will have access to free post-training telephone support on a flexible basis. We are the only mental health training provider that offers this facility.

Continued ....



# Client List & Evaluations Examples



## A very small selection of recent delegate evaluations. Please ask to see copies of the original forms.

'This trainer is amazing! Level of knowledge & the medium in which it was communicated as excellent. Great to receive training at an appropriate level. Brilliant!  
**Conwy County Council**

This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'  
**Broadlands District Council**

'Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of any ways in which it could have been improved'  
**Riverside**

'Best Course I've done for years! Bloody Brilliant!'  
**AMHP Social Worker – Haringey Council**

'The course was extremely stimulating and probably the best that I have been on with Longhurst Housing'  
**Longhurst Housing;**

'I haven't gained so much from a day's training for a long while. It's a subject in which I have a great interest . I gained much in terms of revision also new information. I haven't enjoyed learning so much for a while - excellent trainer'  
**AMHP Social Worker – Haringey Council**

'Great course! Wealth of information relevant to my role. Interesting combination of research, evidence-based practice of psychological interventions. Training of a much better academic level than lots of training within service at times. Really enjoyed the day  
**AMHP Social Worker – Haringey Council**

'Hands-down the best training that I have ever had at Redbridge"  
**London Borough of Redbridge Council**

'Very interesting course, learned a lot of valuable tools for use with individuals. Excellent delivery!'  
**Pembrokeshire County Council Social Care Workforce**

'Excellent training, thank you! Interesting and thought provoking. All really relevant'  
**West Yorkshire Partnership NHS Foundation Trust**

'Five star! Incredibly interesting, informative, clear and concise. Well done!'  
**London Borough of Bexley Council**

'Best training I have been on at Riverside - very clear and knowledgeable. We should do more courses like this - much better than the usual mediocre training we are subjected to. No ridiculous games designed to waste time or trainer that have little knowledge of the subject. This course was excellent'.  
**Riverside ECHG**

'Excellent course – trainer's knowledge was exceptional - really enjoyed the course and took away some valuable information/tips to assist me with Lone Working'  
**Spectrum Housing**

'Fantastic tutor, would hope that I would be on a course with Simon again. Best one I have been on. Great material and information. More courses like this, hands down the best course I have been on. The information and knowledge is fantastic'.  
**Accent Foundation Housing**

'An excellent course and trainer. Really interesting and very useful information. So very much better than the previous trainer, etc for lone working. Many thanks'  
**Spectrum Housing**

'Superb. The trainer knows his stuff, very informative and well linked to health and safety. Recommend to all staff who work alone'.  
**Barnet Council (H&S manager)**

'Simon is a great tutor and has great knowledge. It's lovely to be able to enjoy a course from start to finish. From the science to the backgrounds of people, to the videos and situations, couldn't fault a thing'.  
**Walsall Housing**

'I was impressed by the trainer's vast knowledge around the subject. It was invaluable the psychology behind risk and behaviours and as delivered in a way we all levels and background knowledge could understand. Thank you so much for a brilliant course'.  
**Waltham Forest Council**

'Most beneficial training I have ever had - relevant, interesting, inspiring - wish there could be more training like this'.  
Northampton Probation Services  
'Awesome Session. Trainer was excellent'  
**Delos Community**

'Simon is the best teacher & facilitator of any workshop I have ever been on'.  
**Riverside ECHG**

'This was an excellent bit of training with superb use of PowerPoint. Everybody was very engaged'.  
**Pool Housing**

'Wish I could do more training like this. Best training I have ever done'  
**Guinness Housing**

'Excellent course, training style was brilliant. Thought provoking and explained content in a way that made sense. Really enjoyable day'  
**AMHP Social Worker – Havering Council**

'Great course, would do it again, very, very good course'  
**Serco**

'Very Good course, very good facilitator'  
**Barnet Council**

'Excellent delivery, trainer extremely knowledgeable and held my attention throughout very relevant to my job'

**Royal Windsor & Maidenhead Borough Council**

'Really excellent and intellectually challenging training... Excellent facilitator'

**Staffordshire County Council**

'Brilliant! Recommend it to anyone!'

**St Mungos**

'Course was fantastic! Trainer as fantastic!'

**Barnet Council**

'Similar, I assume, to being machine-gunned. Most enjoyable and informative course I have ever attended!'

**Pembrokeshire County Council Social Care Workforce**

'It was excellent. A training course that I got a lot from and one that I will remember for a long time!'

**Erewash Council**

'Enjoyed the course, very informative. Knowledgeable facilitator'

South West Yorkshire Partnership NHS Foundation Trust

'Excellent. Best course I've been on!'

**Barnet Council**

'Thank you. A most stimulating and thorough experience for learning and consolidation. Very enjoyable course!'

**West Yorkshire Partnership NHS Foundation Trust**

'Really good course, informative, relevant to work, really well presented, knowledge of trainer was excellent.'

**AMHP Social Worker – Havering Council**

'Brilliant course and trainer. Learnt loads and would like more intense training over more days.'

**Riverside**

'This training is possibly the best I have ever been on. I found it all relevant to my role and I now feel more confident in spotting behaviour that could turn nasty and how to take measures to prevent it or to deal with it if the worst came to the worst! Very valuable information to have in my job!. The trainer was extremely knowledgeable and excellent in his training methods.'

Ascis Housing

'This was an excellent training day. I have learnt so much and will be able to put what I have learnt into practice. Great Trainer!'

**Nottingham Community Housing**

'It was brilliant training, really informative and delivered at excellent pace'

Riverside

'Brilliant. Great use of PowerPoint / videos etc - suited different learning styles'

**Royal Windsor & Maidenhead Borough Council**

'The best violence and aggression course that I have ever been on. Very interesting'-

**London Barking & Dagenham Council**

'The course has been most interesting and will be put to good use. I could have quite happily covered more on the subject matter'

**Thames Valley Police**

Very good course, trainer was very good at bringing the subjects together'

**AMHP Social Worker – Havering Council**

'A very good course, very detailed and informative. Strongly recommend it. The trainer was extremely skilful and knowledgeable.'

**AMHP Social Worker – Haringey Council**

'Hands-down the best training that I have had at Redbridge! Appropriately academic, excellent practical tips. This was brilliant, more of the same calibre training would be appreciated.'

**Redbridge Borough Council**

'Thought that this was an outstanding course and very beneficial'

**Guildford Borough Council**

'Most Interesting course I've been on in years!'

**Nottinghamshire Probation**

'I have done lone worker training etc in the past and this course was by far the best I have attended.'

**Boston Mayflower**

'Best training I have ever attended: Interesting, relevant & beneficial.'

**Southern Housing Group**

'Excellent training. Interesting and engaging material. Learnt new knowledge'

**AMHP Social Worker – Haringey Council**

'Ok there... just say a big thank you to Simon for today's presentation..... I was totally absorbed for hours! It was probably the best training day I have ever had!'

**North Wales Housing**

'Very, very useful. One of the best courses I have been on. Will certainly use what I have learnt. Highly recommended for anyone at all that works with tenants and the public. Almost essential in my opinion'

**Guinness Housing**

'Fantastic course!'

**Accent Foundation Housing**

'Excellent, very interesting course' Relevant to the job, very useful, very in-depth'

**Spire Housing**

'Excellent course, Excellent Tutor and very interesting'

**Nottinghamshire Probation**

'Brilliant course!'

**Hightown Praetorian & Churches Housing**

'Very good course, interesting subject and will be able to use the techniques in my work'

**St Mungos**

'Excellent Course! Very well presented, engaging, relevant and informative. Could have done with more time'

**Derbyshire Fire & Rescue**

'Extremely informative.'

**AMHP Social Worker –Enfield Council**

'The case studies were most useful as I was able to link the learnt theory to a situation'

**Thames Valley Police**

'Very interesting, Simon was very knowledgeable & clearly an expert in his field'

**Accent Nene Housing**

'Almost all of the course was useful, and extremely well structured, and very well presented from start to finish'

**Walsall Housing Group**

'Excellent'

**Harrow Council**

'Very clear information. Excellent tutor. Very informative and interesting.'

**London Borough of Bexley Council**

'1st Class!'

**Guinness Housing**

'How could it be improved? I don't think that it could be improved at all!'

**Thurrock Council**

Really enjoyed yesterday, the course was at a relaxed pace and the gentleman who delivered the training was clearly experienced and interesting to listen to. What I found useful is the importance of looking for signs to actually avoid confrontation, like tenants body language and remembering the value of checking tenant history before you go out on visits.

**Ascis Housing**

'Should have done this over a year ago'. Very Impressive'

**Guinness Housing**

'Very, very interesting. Very useful tools.'

**London Borough of Bexley Council**

'An excellent course which was very well presented and gave enough background information to understand'

**Cheshire Plains & Peaks Homes**

'Trainer had an excellent approach to the subject and was really personable. Interesting confidence-building session'

**Broadlands District Council**

'Brilliant course, totally absorbing and enlightening'

**Impact Housing**

'Invaluable experience best trainer. Made the learning experience worthwhile'

**Erewash Council**

'Felt the course was absolutely excellent. Trainer enables me to be engaged consistently. Brilliant Course'

**Haringey Council**

'Great use of media footage, good straight forward explanation of personality disorder and mental health and the differences therein. Great Trainer!'

**Nottingham Community Housing**

'One of the best courses I have ever attended. Very informative and useful for all public facing workers'-

**Thanet District Council**

# Client List

A2 Housing  
AB Connectors  
Accent Group  
Accord Housing  
Addaction  
Addiction Dependency Solutions  
Affinity Sutton Housing  
Agriculture & Horticulture Development Board  
Aire Valley Homes  
Aldingbourne Trust  
Alliance Homes  
Ambassador Theatre Group  
Anchor Trust  
Arden & Greater East Midlands NHS Commissioning Group  
Ascis Housing  
Ashfield Homes  
Askham Bryan College  
Aske Haberdashers Foundation  
Aylesbury Youth Offending Service  
Affinity Sutton  
Avon & Somerset Probation Services  
Barnet Council  
Barnet, Haringey & Enfield Mental Health Trust  
Blaby District Council  
Blackburn with Darwen Borough Council  
Babergh District Council  
Barca Leeds  
Barchester Healthcare  
Barking & Dagenham Council  
Barnet & Enfield Mental Health Trust  
Barnet Homes  
Barnsbury Housing  
Bournemouth Council  
Blue Mountain Homes Blackpool  
BPHA  
Coastal Housing  
Blackburn & Darwen Borough Council  
Blackpool Council  
Blackpool and the Fylde College  
Blackwood Housing  
Bloom Procurement Services  
Blue Water Homes  
Boston Mayflower  
Bournemouth Borough Council  
Bradford Community Housing Trust  
Bridgnorth District Council  
Brighton & Hove City Council  
Bramble House Care  
Branston Limited  
Broadacres Housing Association  
Broadland District Council  
Bromsgrove & Redditch Council  
Broadway Park Housing Association  
Broxbourne Council  
Broxtowe Borough Council  
Buckinghamshire County Council  
Building Design Partnership  
CABA  
Capita  
Cambridgeshire County Council  
Cambridge YMCA  
Camphill Village Trust  
Capel Manor College  
Cardiff Bus Company  
Cardiff Community Housing Association  
Cardinal Newman College  
Care & Repair Cymru  
Care 2 Share  
Care & Repair Cymru  
Caretech / NCLD  
Carlisle City Council  
Carlisle Housing Association  
Carrgomm  
Castle Rock Edinvar Housing (Scotland)  
CC Housing  
Charnwood Council  
Cheltenham Borough Council  
Cheltenham Borough Homes  
Cherwell District Council  
Cheshire East County Council  
Cheshire West & Chester Council  
Chesterfield Borough Council  
CHP Housing  
Christchurch Borough Council  
Christian Action Housing  
City West Homes  
Community Gateway Housing  
Community Options  
Community Building Services  
Conwy Borough Council  
Corby Council  
Coventry City Council  
Cross Keys Homes  
Cumbria County Council  
Cymdeithas Tai Clwyd Cyf (Housing)  
Dartford Borough Council  
Delos Community  
Derbyshire Fire & Rescue Service  
Derbyshire Probation Services  
Derviento Housing  
Derwent Living  
Devon County Council  
DCH Housing Group  
Delos Community  
Denbigshire County Council  
Devon & Somerset Fire & Rescue  
Dover District Council  
Dumfries & Galloway Housing  
Dumfries & Galloway Council (social services)  
Dunbritton Housing  
Dunstable College  
Durham County Council  
Dover Council (HR Partnership)  
ECHG  
Ealing Council  
Easthall Park Housing  
East Hertfordshire District Council  
East North East Homes  
East Northamptonshire Council  
East Staffordshire Borough Council  
East Sussex County Council  
Eden Housing  
EHRA / Blairtummock Housing Association  
Elim Housing  
Emmaus Oxford  
Enable Housing  
Endeavour Housing  
Enfield Council  
English Churches Housing Group  
Erewash Borough Council  
Falconwood Academy  
Family Housing Association (Wales)  
Family Mosaic  
Fareham Borough Council  
Fife Housing  
First Choice Housing  
Fitzroy  
Flexicon Ltd  
Flintshire Council  
Forestry Commission Scotland  
Futures Housing  
G4S Care & Justice Services  
Gateshead Council  
Geffyre Museum  
Geoff Ashcroft Community  
Glaxo Smith Kline  
Gloucestershire City Council  
Gloucestershire County Council  
Gloucester City Homes  
Gloucestershire Housing Association  
Gosport Borough Council  
Govan Housing Association  
Great Yarmouth Borough Council  
Grange Housing  
Granta Housing Society  
Groundwork  
Guildford Borough Council  
Guinness Northern Counties Housing  
Gwynedd Council  
G4s  
Haberdashers' Aske's Crayford Academy  
Hackney Council  
Harrow Council of London  
Hart Council  
Havebury Housing  
Havering Council  
Haringey Council  
Harlow Council  
Hart District Council  
Harris Academy Falconwood  
Harvey Girls Centre  
Heantun Housing  
Heritage Care  
Hertfordshire Housing Association  
Hestia Housing  
Hexagon Housing  
Homes for Haringey  
Home from Home Care  
Hornsey YMCA  
Hounslow & Richmond NHS Community Care  
Hull Churches Housing  
Humberside Fire & Rescue  
Huntingdonshire District Council  
Hyde Housing  
Hythe Rotary Housing  
Incommunities Housing  
Impact Housing  
Incommunities Housing  
Innisfree Housing  
Institute of Engineering & Technology  
InStreatham BID  
Inverness Woman's Aid  
Irene Taylor Trust

Isle of Anglesey County Council  
 Jem Support Services  
 Juniper Training  
 Keepmoat Homes  
 Keniston Housing Association  
 Kent Probation  
 Kettering Borough Council  
 Lakehouse  
 Lambeth College  
 Lambeth Borough of London Council  
 Lancashire County Council  
 Lancashire Fire & Rescue  
 Langley House Trust  
 Langstane Housing Association  
 Leicestershire NHS Trust  
 Lincolnshire YMCA  
 Lincolnshire Training Forum  
 Lincolnshire County Council  
 Lincolnshire YMCA  
 London Borough of Bexley Council  
 London Borough of Camden Council  
 London Borough of Harrow Council  
 London Borough of Havering Council  
 London Borough of Hillingdon Council  
 London Borough of Hounslow Council  
 London Borough of Lambeth Council  
 London Borough of Redbridge Council  
 London Borough of Richmond upon Thames Council  
 London Borough of Sutton Council  
 London Cyrenians  
 Longhurst Housing Group  
 Look Ahead Housing  
 Loreburn Housing  
 Lorretto Care  
 Lowestoft College  
 L&Q Group  
 Lakehouse  
 Luminus Group  
 The Lyme Trust  
 Macclesfield Borough Council  
 Magenta Living  
 Manchester Specialist Midwifery Services  
 Margaret Blackwood Housing Association (Scotland)  
 Mayday Trust  
 Melton Borough Council  
 Mendip District Council  
 Mental Health Matters  
 Mid Beds District Council  
 Milton Keynes Council  
 Mind  
 Mole Valley District Council  
 National Autistic Society  
 Network Housing  
 Newcastle City Council  
 Newcastle-Under-Lyme Council  
 New Boundaries Group  
 Newham College of Further Education  
 Newark & Sherwood District Council / Homes  
 New Boundaries Group  
 Newcastle City Council  
 Newcastle Under Lyme Borough Council  
 New Forest District Council  
 New Forest National Parks Authority  
 Newham College of Further Education  
 Newydd Housing Association  
 Northampton College  
 Northampton Probation Services  
 Northern College  
 North Star Housing  
 Nottingham Community Housing  
 Nottinghamshire County Council  
 Nottingham Probation Trust  
 Nottingham Housing  
 North Dorset District Council  
 North Herts District Council  
 North Kesteven Borough Council  
 Novas Scarman  
 Nuneaton & Bedworth Borough Council  
 Ocean Housing Group  
 Oldham Lifelong Learning Service (Oldham)  
 Orchard Shipman Housing  
 Oxfordshire County Council  
 Oxfordshire Crossroads  
 P3 Charity  
 Park Nursing  
 Partick Housing Association  
 Pembrokeshire County Council  
 Peveral Management  
 Pfizer Limited  
 Plus Dane Group  
 Poole Housing Partnership  
 Positive Steps  
 Preston City Council  
 Progress Housing Group  
 PRMA Consulting  
 Progress Housing Association  
 Reach Supported Living  
 Redbridge Borough Council  
 Redditch Borough Council  
 Reach Supported Living  
 Reason Care  
 Reliance Security Task Management (Prisoner Services)  
 Residential Management Group  
 Rhondda Cynon Taf County Borough Council  
 Richmond upon Thames College  
 Ridgill Housing Association  
 Riverside  
 Rochdale Boroughwide Housing  
 RMBC  
 Rosebery Housing  
 Rotherham Borough Council  
 Royal Berkshire Fire & Rescue  
 Royal Borough of Kingston upon Thames Council  
 Royal Borough of Windsor & Maidenhead Council  
 Rushmoor Borough Council  
 Rutland County Council  
 SAM  
 Sanofi Aventis  
 Saxon Weald Housing  
 Selby District Council  
 Serco  
 Second Step  
 Selby District Council  
 Sentinel Housing Association  
 Seton Care  
 Scottish Fire & Rescue  
 Sheffield City Council  
 SHI UK  
 Shropshire Council  
 Shropshire NHS  
 Staffordshire Moorlands District Council  
 Spire Housing  
 St Anne's Community Services  
 Start 2 Stop  
 Stafford and Rural Homes  
 Staffordshire County Council  
 Sovo  
 South Birmingham NHS Trust  
 South Cambridgeshire District Council  
 South Derbyshire District Council  
 Southwark College  
 Southern Housing Group  
 Southend Council  
 South Northamptonshire Council  
 South Norfolk Council  
 South Tyneside Council  
 South Tyneside Homes  
 South West Yorkshire NHS –Foundation Trust  
 South Yorkshire Passenger Transport Executive  
 Southwark College  
 Spectrum Housing  
 SPV Group  
 St Mungos  
 St Vincent's Housing  
 Sussex Downs Conservation Board  
 Synergy Housing  
 Taff Housing  
 Teach First  
 Tewkesbury Council  
 Thanet District Council  
 Thales Training  
 Thanet District Council  
 Thermofisher Limited  
 Glaxo Smith Kline  
 The Ashdown Forest Centre  
 Thames Valley Police  
 Torfaen County Borough Council  
 Tonbridge & Malling Borough Council  
 Thurrock Council  
 Triangle Housing (Belfast)  
 Trust Housing  
 Tuntum Housing  
 Turning Point  
 Tyndale Council  
 United Welsh Housing  
 Royal Windsor & Maidenhead Youth Offending Team  
 Vertex  
 Wakefield District Housing  
 Walsall Council  
 Walsall Housing Group  
 Waltham Forest Borough Council  
 Wandle Housing  
 Waterloo Housing  
 Watmos Community Housing  
 Waverley Borough Council  
 WDR  
 Wealdon District Council  
 Welwyn & Hatfield Borough Council  
 Welwyn & Hatfield Homes  
 West Devon Homes  
 West Kent Housing  
 Westway housing  
 West Edinburgh Action (WEACT)  
 West Gloucestershire PCT  
 West Kent Housing  
 Westway Housing  
 Wigan Council  
 Wiltshire Fire & Rescue  
 Winchester City Council  
 Worthing Homes  
 Wythenshawe Community Housing Group  
 York City Council  
 Yorkshire Coat Homes  
 Youth Offending Services



**Mental Health  
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