

Mental Health
Awareness

Mental Health Training

West Central London  mind

About West Central London Mind:

WCL Mind are a leading community-based organisation dedicated to providing outstanding mental health support and clinical interventions across London. Our experienced clinically-led teams are focused on directly addressing a range of mental health needs in our communities. We combine innovative solutions with decades of local community knowledge to empower people to live the life they choose.

The Challenge for Businesses:

- 1 in 6 people in the workplace experiences mental health challenges at any given time, costing UK employers £56 billion annually.
- Stress, anxiety and depression are responsible for almost half the working days lost to ill health in the UK.
- 70% of employees say they have experienced poor mental health because of work.
- **These are more than statistics. This is the untapped potential of your team's productivity and happiness.**

Why Train with us:

- ✓ **Qualified & Experienced:** 50+ years of mental health expertise
- ✓ **Practical & Relevant:** Instantly applicable skills delivered in interactive sessions
- ✓ **Impactful & Local:** Your investment doubles as local support
- ✓ **87p for every £1** you invest supports service users directly
- ✓ **>5,000 people and >80 Organisations** train with us annually

“ The instructors did an excellent job in the delivery of the course. They created a safe space where delicate & sensitive themes could be explored. ”

Our Workshops:

Bitesize Wellbeing Workshops

Designed to educate, empower and equip employees with practical tools and tips to improve their health.

Topics include: 5 Ways to Wellbeing, Managing Stress & Anxiety, Preventing Burnout, Building Resilience, Mental Health Awareness, Wellbeing & Working From Home, Power of the Breath, Digital Wellbeing, Sleep Hygiene, Tackling Loneliness, Frustration & Anger.

**60
minutes**

Diversity & Inclusion Workshops

We train teams to harness the advantages of a truly diverse, inclusive, and resilient workforce.

Topics include: Women in the workplace, LGBTQI+ & Allies, Cultural Isolation, Special Abilities (Physical and Neurological), Generational inclusion/Ageism.

**60
minutes**

Mental Health Awareness for Employees/Managers

Learn how to empower your team, drive performance, and lead your organisation toward lasting success. We'll teach you practical approaches to champion the wellbeing of both individuals and teams to create a more supportive and thriving work environment and reduce stigma.

**2
hours**

Mental Health First Aid

This internationally recognised accredited course will provide your employees the knowledge, skills and understanding to identify symptoms and support people experiencing mental health challenges.

- **Face-to-face: 2 days**
- **Online: 4 x 3 hour sessions**

Suicide Awareness Training

Challenge common myths about suicide, learn how to use the right language when discussing suicide, and boost confidence in supporting someone who may be struggling with suicidal thoughts.

**90
minutes**

***all workshops can be delivered online or in person**

FAQs:

1. Are the training sessions customisable?

Yes, absolutely! We understand that each organisation is unique. We offer tailored solutions to meet your specific goals and challenges.

2. Are virtual training options available?

We offer both in-person and virtual training options to accommodate your team's preferences and needs. In person, there may be a small surcharge to cover extra expenses incurred.

3. How do we determine which training plan is best for us?

We work closely with you to assess your organisation's needs and goals. Based on this assessment, we'll recommend a plan that aligns with your objectives.

4. What is the cost of your training services?

Our pricing varies based on the selected plan and the scale of your organisation. Please reach out to us for a personalised quote.

5. Is ongoing support available after the training sessions?

Absolutely. We offer post-training resources, materials, and follow-up sessions to ensure that the concepts and skills learned are integrated into your workplace culture.

5. How can we measure the effectiveness of the training?

We can work with you to establish key performance indicators (KPIs) that align with your goals. Regular assessments and feedback mechanisms can help gauge the impact of the training.

6. Do you offer discounts?

Yes, we offer discounts to companies in the third sector. We also offer discounts for those purchasing packages with us.

7. How many people can join a sessions?

We recommend a maximum of 16 people per session if it's done in person. Online, we'd suggest no more than 30 attendees so that it can be as interactive as possible.

Contact us:

Book in a FREE consultation with our Training Consultant, Maneet Relom (MBACP), to discuss which package best suits your workplace at training@wclmind.org.uk



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