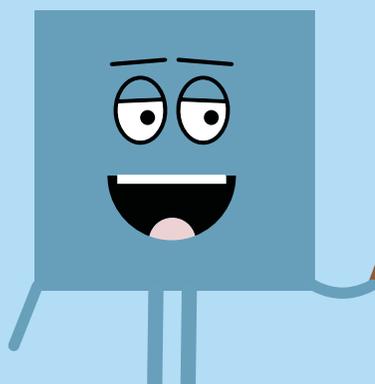


PES

Happy people. Happy business



Mental Health First Aid Training

Develop an understanding of what mental health is from this nationally endorsed course from Mental Health First Aid England.

What are the options?

Two-day course:

Our most popular course teaches practical skills that can be used every day, including how to spot the signs of mental health issues and feel confident guiding people towards appropriate support.

One-day course:

This course covers similar ground but with greater emphasis on advocating mental health awareness and creating healthy workplaces. Ideal for managers. Fits well into training timetables.

Half-day course:

This course provides awareness of what mental health is and how to challenge stigma. It empowers people to make the most of other initiatives and support available. Ideal for everyone.



About Debbie Kleiner

Debbie heads up PES Wellbeing and is a qualified Mental Health First Aid England (MHFA) instructor.

She holds an MSc in workplace wellbeing and is a CBCAB certified stress management trainer.

Debbie has set up and run her own business, Best Health Insurance. She has extensive commercial experience and is an engaging trainer and speaker.

What our clients say

“ Debbie is an excellent trainer who ensures she include all participants and uses many different methods to teach what can be a difficult subject. ”

Sarah Saunders, MHFA 2 day participant



Our clients include:



Why choose PES?

We understand the importance of choosing the correct training partner to deliver this vital course.



Prior to the course, we will complete a complimentary health benefits review to find out what employee benefits you have that could support mental health.

This information will be included in the course, so participants understand what support they can signpost people to.



Not only will we deliver the course, we'll provide ongoing support afterwards from our dedicated wellbeing team.

We'll explain how to keep your mental health first aiders communicating with each other, so they can support each other as well as their colleagues.

Your investment

Two-day in-house MHFA course for up to 16 people

£1800

One-day in-house MHFA course for up to 16 people

£900

Half-day in-house course for up to 16 people

£450

Two-day open course (per delegate)

£325*

All prices are exclusive of VAT.

*Please see our online training calendar www.wearepes.co.uk/events for upcoming open courses.

It's difficult to break the stigma surrounding mental health with just one course.

We run other wellbeing workshops including financial wellbeing, better sleep, mindfulness, building resilience and the Five Ways to Wellbeing. We also offer wellbeing audits and support to plan and deliver a comprehensive wellbeing strategy.

Get in touch to discuss your specific needs.



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