

WORKPLACE MENTAL HEALTH TRAINING · UK-WIDE

Mental health training that actually makes a difference.

Accredited courses, 90-minute workshops and fully tailored programmes delivered by practising therapists, in plain English.

Kind people. Stronger workplaces. Brighter futures.

140+

ORGANISATIONS TRAINED

100+

FIVE-STAR REVIEWS

UK-wide

ONLINE OR ON-SITE

Doing nothing is the expensive option.

Poor mental health rarely starts with someone going off sick. It shows up earlier in performance, absence, pressure on colleagues and people quietly struggling at work.

Training changes that. It gives people the words to start a conversation, the confidence to keep going with it, and a clear idea of what to do next.

£51bn

The yearly cost of poor mental health to UK employers

Deloitte, Mental Health and Employers, 2024

1 in 4

People experience a mental health problem each year

Mind, England

964,000

Workers affected by work-related stress, depression or anxiety

Health and Safety Executive, Great Britain 2024/25

£30,614

The cost of replacing one person who leaves

A single mental-health related absence is estimated at £4,000. Training costs a fraction of either.

What you can expect from us

- ✓ **Expert-led.** Practising therapists and frontline practitioners, not slide readers.
- ✓ **Nationally accredited.** Recognised training across Scotland, England, Wales and Ireland.
- ✓ **Practical.** Tools people use the morning after, not theory they forget by Friday.
- ✓ **Support that stays.** Every learner keeps our Reach Out app and our trainers.

Four ways to start. All of them fit around a working week.

Every course can be delivered live online or at your workplace, anywhere in the UK. If you're not sure where to start, book a free 20-minute call and we'll talk it through with you.

Bitesize workshops

Focused 90-minute sessions on one topic — eleven to choose from, from burnout to psychological safety.

FROM
£385 online
£520 on-site

First Aid for Mental Health — accredited

Nationally recognised qualifications at three levels, from half-day awareness to two-day supervisory training.

FROM
£95 per person
£995 per group

Manager Mental Health Awareness

A programme built around your own policies and support routes, with a branded app for every manager.

FROM
£1,250 half day
Scoped with you

Bespoke programmes

Designed around your sector, your pressures and your goals — including a review of your wellbeing systems.

FROM
£1,250 half day
Priced individually

Who we work with

Charities

Flexible group pricing and a thoughtful approach to teams already doing emotionally demanding work.

Corporates

Confident managers, consistency across teams and a clear view of the difference training makes.

Training companies

Add workplace mental health to your offer while the client relationship stays firmly yours.

ACCREDITED QUALIFICATIONS

First Aid for Mental Health

Nationally Recognised Accredited Training, recognised in Scotland, England, Wales and Ireland. Certificates last three years. Three levels, so you can match the training to the responsibility someone actually holds.

LEVEL 1 — MENTAL HEALTH AWARENESS IN THE WORKPLACE

HALF DAY

For employees and anyone building practical awareness

Covers common mental health conditions, introduces the REACH OUT framework and gives people the confidence to notice when a colleague is struggling and say something useful.

LEVEL 2 — MANAGING MENTAL HEALTH AWARENESS

ONE DAY

For managers, team leaders and HR professionals

Builds on Level 1 with the First Aid for Mental Health action plan, risk assessment and structured practice in supporting someone through a difficult period.

LEVEL 3 — ADVANCED LEADERSHIP IN WORKPLACE MENTAL HEALTH

TWO DAYS

For senior leaders and mental health champions

Our most comprehensive level: complex conditions, suicide prevention, crisis response and leading mental health support across an organisation.

Cost and booking

From £95 per person or £995 per group. Discounts for team and group bookings, and payment plans are available — mental health training should be within reach of every organisation.



Your managers are the first person someone turns to.

Most managers want to support their team. Very few have ever been shown how. This programme is built around your own policies, your support routes and the situations your managers really face — so there are no ifs, buts or maybes about what to do.

Mental health awareness

What mental health is, how it shows up at work, and how to recognise when someone is struggling.

Duty of care and the law

What employers and managers are responsible for, in plain terms — and what that looks like day to day.

Your wellbeing policy

How your own framework works and exactly what managers are expected to do within it.

Return to work and absence

Handling return-to-work conversations with confidence and managing absence in a way that supports recovery.

Supportive conversations

How to open the conversation, what to say, what to avoid, and how to keep your own boundaries.

A healthier team culture

Practical steps that make it safe for people to speak up before things reach crisis point.

Signposting and referrals

What support exists inside and outside your organisation, and how to connect someone to it.

Mental health conditions

Anxiety, depression, stress and burnout — covered in as much depth as your managers need.



Every manager leaves with their own branded app

Your logo, your policies, your support pathways. The key learning, practical guides for real situations — starting a difficult conversation, managing an absence, supporting a return to work — and who to contact, always to hand. Confidence fades when there's nothing to refer back to.

Big impact. Just 90 minutes.

Eleven focused workshops on the things teams are really dealing with. One topic, one team, 90 minutes — online or on-site, with no long-term commitment. From £385 online or £520 on-site.

Understanding Mental Health & Wellbeing

Recognising when a colleague is struggling — and feeling able to do something about it.

Preventing Burnout

Why people cope until suddenly they don't, and what workloads and culture have to do with it.

Building Resilience & Managing Stress

Understanding personal pressure and what genuinely helps, rather than being told to cope better.

Having Supportive Conversations

What to actually say when someone on your team clearly isn't themselves.

Mental Health First Aider Support & Skills

Refresh and support for the first aiders you've already trained.

First Aid: Know Your Organisation

Connecting first aid training to what really happens inside your organisation afterwards.

Building Resilience at Work

Helping teams through change, uncertainty and setbacks.

Psychological Safety at Work

Whether people feel able to speak up when something isn't working — or quietly keep it to themselves.

Suicide Awareness at Work

Knowing what to do, and what to ask, when someone says they don't want to be here anymore.

Diversity & Inclusion

How everyday interactions shape whether people experience the same workplace in the same way.

Wellbeing Workshops for Young People

For schools, colleges, apprenticeships and early-career programmes.

Ways to book

One session, a short series, or a programme across the year around your own priorities and awareness dates.



When off the shelf training isn't enough.

Accredited training is genuinely valuable, but some organisations need something shaped around their own pressures. If you're not sure whether standard training will do the job, this is usually the conversation to have.

1

We start with a conversation

Not a needs-analysis form. A real conversation about what you do, who your people are and what's actually going wrong.

2

We build something that fits

An accredited framework with your sector woven through it, or a programme designed from scratch around your teams.

3

We deliver it, then stay

Delivered by professionals who understand the subject from the inside — and we don't disappear afterwards.

Organisations we're often called in by

Safety-critical and regulated industries — where standard training covers the basics but not the real pressures.

Social care and health — where staff absorb the emotional weight of the people they support.

Global engineering and manufacturing — large workforces with complex structures and specific occupational pressures.

Emergency services and frontline roles — where asking for help doesn't always come easily.

Not sure if we can help? The answer is almost always yes.

The training ends. The support doesn't.

A dedicated learner app with on-demand support

Post-training guidance from our trainers

Workbooks, frameworks and refresher resources

Continuous development tools for managers



Let's talk it through.

Not sure what you need? Let's talk it through. Speak to a member of our team and we'll help you find the training that best fits your organisation. Already know what you need? You can go ahead and book.

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Support today for a brighter tomorrow