

Training Course List 2024

Mental Health First Aid (MHFA England)

Mental Health First Aid (MHFA England)	2 days
Mental Health First Aid Refresher (after 3 years)	Half day

Suicide Prevention

Suicide First Aid: Understanding Suicide Intervention	1 day
Suicide First Aid Lite	Half day

Half Day Courses

Mental Health in the Workplace (Managers)	4 hours
Mental Health in the Workplace (All Staff)	4 hours
Understanding Stress & Building Resilience	3 hours
Suicide Awareness & Prevention	4 hours
Navigating Change in the Workplace	3 hours
Understanding Trauma	4 hours
Understanding the Autistic Spectrum	3 hours

Short Courses/Webinars

Creating Healthy Workplaces: Uniting Mental & Physical Health	2 hours
Emotional Intelligence	1 hour
Food & Mood	1 hour
Menopause & Mental Health	1 hour
Mental Health Awareness	2 hours
Mindfulness	1 hour
Positive Psychology	1 hour
Resilience	1 hour
Seasonal Affective Disorder (SAD)	1 hour
Sleep	1 hour
Understanding Trauma	2 hours

*Bespoke courses also available – contact us at training@cwmind.org.uk