

Why choose Mind in Harrow for your training?

- **Specialist:** We can deliver tailored training, which is employer focused
- **Flexibility:** You choose the date and location for training – we come to you and provide the trainers, administrative support and all course materials. Choose from one hour to a full day.
- **Value for Money:** Our fees are very competitive; please get in touch with us for a quote
- **Experience:** We provide Trainers with lived experience who are accredited by Middlesex University
- **Certified:** We will supply attendees with a CPD certificate



What employers say about us

"I really enjoyed hearing the trainers' personal accounts; it gave a glimpse into reality .. something teaching theory cannot achieve"

"I now feel better equipped and able to support employees; I am aware of where to signpost them for further support"

To book training or find out more:
Contact Hanlie Burger on 020 8515 7851
or email H.Burger@mindinharrow.org.uk



Create a Mentally Healthy Workplace



Autumn/Winter 2017



Our research shows that a culture of fear and silence around mental health is costly to employers:

1 in 10 people have resigned a job due to stress while 1 in 4 have thought about it

1 in 5 people take a day off work due to stress

19 per cent of staff feel they can't speak to managers about stress at work

56 per cent of employers said they would like to do more to improve staff wellbeing but don't feel they have the right training or guidance.

25 per cent of people we surveyed considered resigning due to stress

Right now 1 in 6 workers is dealing with a mental health problem such as anxiety, depression or stress. This can stop people performing at their best.

We can help organisations support their responsibilities towards workforce mental health and have a positive impact on the wellbeing of employees.

At Mind in Harrow, our Head for Work Project deliver specialist, tailored mental health awareness training, which is employer focused. Organisations can choose the date and location for training and we provide User led Trainers who are accredited by Middlesex University.

Benefits of our Training Courses

- You will feel confident that you have an increased awareness and understanding of mental health and mental illness
- You will be able to recognise and alleviate the triggers for poor mental health
- You will feel confident to develop tools and skills to proactively manage mental wellbeing in the workplace

Mental Health Awareness Courses

Workplace Wellbeing & Mindfulness Courses

Health and Wellbeing Resilience Courses