



For better
mental health



Mind in Harrow's TrainAware Mental health awareness training

One-day course outline

Morning (basic mental health component)

- Exploration of mental health
- Experiential work – an interactive experience
- Mental health and stigma

Afternoon

A choice of the following:

The mentally healthy workplace

- The Mindful Manager - how to support the emotional health of your staff
- Your legal obligations to staff and clients/customers

OR

Culture and mental health - an exploration of the cultural impact

How culture can affect mental ill health in different ways

OR

Aggression and other challenging behaviours

- What it means
- Strategies for restoring calm

Price list

Please note that prices are generic and can be tailored to the individual needs of different organisations. All workshops can accommodate up to ten participants.

Two hour workshop (up to ten people)	£250
Half day workshop (three hours)	£350
Full day course	£500