



# Providing the tools for workplace wellbeing



Gain **FREE** access to our **EXCLUSIVE** online resource centre with every course!



Trusted specialists for workplace wellbeing

Working in partnership with



[mindmapswellbeing.com](https://mindmapswellbeing.com)

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Click on headings digitally to navigate to your desired page.

**Mindmaps Wellbeing provide a comprehensive workplace wellbeing package, contact our expert team to explore the right options for you**

**+441803523660**

Let kindness ripple  
#BeKind



Enjoy downtime



Rest and leisure are crucial for self-growth and a positive mindset. Take time to appreciate moments of tranquility and rejuvenation, as they promote balance between rest and work.

[mindmapswellbeing.com](http://mindmapswellbeing.com)

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Mindmaps Wellbeing provide a comprehensive workplace wellbeing package, contact our expert team to explore the right options for you

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*“One day you will discover you have two hands. One for helping yourself, the other for helping others”*

Maya Angelou

**Be Kind.....**



**To Yourself**

[mindmapswellbeing.com](http://mindmapswellbeing.com)  
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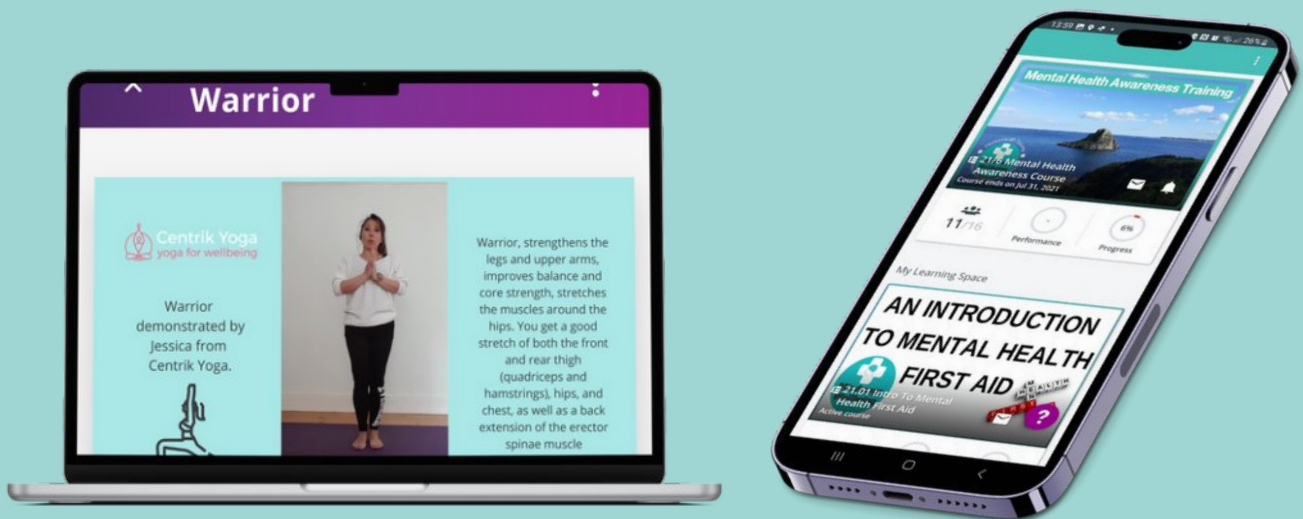


# MINDWELL Companion

**BOOK A**  
**FREE**  
**DEMO**  
**TODAY**

**\*FREE access to MINDWELL companion comes with all of our training (from 1 to 3 years)**

**Would it be helpful to have useful resources, self-help & wellbeing tools at your finger tips?**



**MINDWELL Companion offers even more than that! – it includes learning modules, podcasts, videos, and other helpful tools to boost your understanding and confidence to openly discuss mental health and wellbeing.**

**The MINDWELL Companion is compatible with all devices. Offering a library of resources to enhance wellbeing for yourself and others.**

**Use our tailored MINDWELL Companion to help boost your workplace wellbeing strategy with our whole organisation approach.**

**[FREE with all our training or available on subscription as a stand-alone option.](#)**

**[Book a demonstration with us to find out more.](#)**

**“Your open-door mental health policy (which in a testosterone industry is way ahead of anything I have experienced in my 30 years) is a shining light in the arboriculture industry and should be congratulated.”**

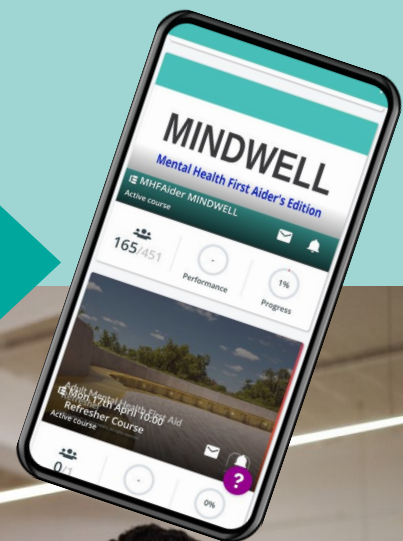
**Tree Surgeon form AC Landscapes**

Courses & services can all be provided both in-person or on-line, to suit your preference.

All courses will be delivered using a blend of interactive activities, videos, case studies and group discussion, to facilitate an engaging and thought-provoking session.

Learners will receive a digital certificate of attendance which is emailed along with further information and good practice guides to support their learning after the event.

**Gain FREE access  
to our EXCLUSIVE  
online resource  
centre with every  
course!**



**To make a booking or further information**

**Call +44 1803 523 660**

**email [info@mindmapswellbeing.com](mailto:info@mindmapswellbeing.com)**

**[Enrolment / Enquiry Form](#)**

# Our vision - To change the culture of workplace wellbeing

To achieve this, we believe all organisations can address the needs of mental health and wellbeing, raising awareness and understanding. By fostering a proactive approach to wellbeing at work, for themselves, staff and customers, maintaining positive strategies to workplace wellbeing creating a culture and environment where people thrive

To achieve this, we offer a range of mental health related training and guidance services to ensure employers are mentally aware in every aspect of their business.

We seek to challenge stigma and discrimination in the workplace related to mental ill health through expert and professional services which develop an open and supportive environment where staff feel confident to discuss their mental health with their employer, to feel supported in the workplace and to maintain the mental wellbeing of everyone.

Our unique approach ensures training is tailored to our audience.

***“There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in.”*** Desmond Tutu

## What makes us different



Co-Founders Tim Lloyd (left) and Mikey Harrison-Hastings (right)

The Story of Mindmaps Wellbeing; After spending a solid 18 years working in various roles for the NHS, Tim recognized the significance of applying a preventative approach to mental ill health. He believed that educating workplaces and communities on the importance of mental health first aid and awareness training would equip individuals with the necessary tools to look after their own mental wellbeing and to support others.

By teaching people the early signs of poor mental health, Tim hoped to prevent potential crises from occurring.

With a clear vision in mind, Tim shared his ambition with his friend Mikey, who was a business development manager with extensive operations experience.

Recognising the value of Tim's project, Mikey eagerly joined forces to help him achieve this goal.



# Meeting The Highest Standards

Creating a work environment where employees feel comfortable discussing their mental health and recognising the early signs of mental illness can prevent future mental health crises. To improve overall health in the workplace, it's important for employers to support their staff and empower employees to take charge of their own mental wellbeing.

Registered with the Nursing & Midwifery Council or HCPC as Mental Health Professionals and Healthcare Educators

Working in partnership with Vitality UK to equip workplaces with the necessary tools to foster and maintain employee well-being.



**'Enlightening, interesting & very engaging. Tim was very knowledgeable, delivering a great course'**

**'This was quite simply the best training I've ever had. It will change the way I think about mental health forever. If I need help, I want someone like Tim in my corner'**



# Mindmaps Wellbeing Instructor Team

We specialise in mental health training and guidance services for the workplace. Our instructors are highly experienced Registered Mental Health Professionals and Healthcare Educators. Our trainers are Registered with the Nursing and Midwifery Council or HCPC as Mental Health professionals and educators.



**Tim Lloyd** - Registered Mental Health Nurse, BSc (Hons) Mental Health Nursing, BSc (Hons) Psychology, Postgraduate in Healthcare Education, Mental Health First Aid Instructor (MHFA & NUCO).



**Yvette Alves-Veira** Registered Mental Health Nurse, BSc (Hons) in Health Sciences, NMC Registered Non-Medical Prescriber, NUCO Instructor Member.



**Jay Thompson**  
Cognitive Behavioural Psychotherapist (BABCP),  
RMN (NMC) & MHFA Instructor



**Rachel Bragg** - HCPC registered Occupational Therapist with extensive experience working in a range of mental health services during her career. MHFA England Instructor Member.



**Jo Blakely** HCPC Registered Occupational Therapist who has been working in mental health services since 1996. MHFA England Instructor Member.

***“The instructors provided exceptional standards of training, support and guidance throughout the course, drawing from their vast and diverse experiences, which really brought the course to life. 10/10”***

NHS HR Business Partner



**Always With You**

# How can we support you

Our training, guidance and support services are designed to support you to promote workplace wellbeing with a proactive approach improving staff retention, productivity and happiness.

Mindmaps Wellbeing - Your partner in creating a comprehensive wellbeing environment.

Our team at Mindmaps Wellbeing is committed to working with you to provide training that complements and elevates your current wellbeing strategy. If you don't have one, we're happy to assist you to find the best solution for your organisation.

Quality mental health training, underpinned by a robust wellbeing strategy, gives people the tools to keep themselves healthy and support each other. It can also help to:



MINDWELL Companion  
and beyond

**MENTAL  
HEALTH**  
IS JUST AS IMPORTANT AS  
**PHYSICAL  
HEALTH**

- Build employees' confidence to have open conversations around mental wellbeing.
- Foster non-judgmental and supportive approaches to wellbeing.
- Encourage & empower people to access support early when needed, for faster recovery.
- Promote a mentally healthy environment, stopping preventable issues and allowing people to thrive.
- Improved productivity & staff satisfaction.
- Confidence to challenge mental health stigma and discrimination.
- Embed a long term positive, culture across the whole organisation, where employees recognise their mental and physical health are supported as equal parts of the whole person.

[Mindmaps Wellbeing provide a comprehensive workplace wellbeing package, contact our expert team to explore the right options for you.](#)

# Organisation approach to workplace wellbeing

Promoting workplace wellbeing is vital, and now is time to make changes for our workplace culture to better support those with mental health concerns. A comprehensive approach is necessary to ensure everyone in the organisation – including employers, managers and staff – are trained to provide the necessary support. Participants in our courses will not only learn how to assist others, but also how to take care of their own mental wellbeing. With a wealth of resources & self-care tools through our exclusive MINDWELL Companion.



The organisational approach involves educating everyone about workplace wellbeing in a positive light, without the stigma and discrimination associated with mental illness. It's crucial to create a safe space where employees feel comfortable discussing their wellbeing and to seek appropriate help when required.

**\*All courses include FREE access to MINDWELL Companion for 1 to 3 years**

Encouraging employees to be open about their mental health will lead to a healthier and happier workforce, ultimately increasing productivity and reducing absences, presenteeism and recruitment costs.

Mindmaps Wellbeing strongly advocate for a proactive and positive approach to workplace wellbeing to achieve the best possible outcomes.

**Estimated cost to employers in the UK due to poor mental health is £56bn**

Deloitte 2022

**Complete Workplace Wellbeing Solutions at your fingertips. We offer a comprehensive range of training and guidance support services to meet your workplace wellbeing needs. Book a free consultation today and we can help explore the best solution for your organisation.**

**+44 1803 523 660**

**[See AC Landscape & Treeworks testimonial and case study.](#)**



# MINDWELL Companion

Would it be helpful to have 1000's of resources, self-help & wellbeing tools at your finger tips?



Introducing MINDWELL Companion: Your one-stop-shop for workplace wellbeing.

During our training sessions with various groups, it became apparent that something was missing for our learners. They craved an easily accessible library of wellbeing resources, and that's where our expert team came in.

Our goal is to bring together the most comprehensive directory of verified and trusted resources available.

Our platform is constantly evolving with new content added regularly. MINDWELL Companion is now filled with a wealth of self-help and wellbeing tools to help maintain positive mental health, while promoting a proactive and preventative culture.

**Mindmaps Wellbeing are with you for the journey providing expert guidance and support.**

**\*FREE access to MINDWELL companion comes with all of our training (from 1 to 3 years)**

**Also available on subscription**

**MINDWELL Companion for your self-care & workplace wellbeing!**

- Support your wellbeing with self-care tools
- Improve knowledge & understanding with learning modules
- Increase your confidence to support others
- A-Z of verified & trusted resources
- Downloadable files and templates
- Self-help
- Desktop & mobile device compatible
- Direct message the instructor team (optional upgrade)
- Search function
- Can be tailored for your workplace or organisation (optional upgrade)
- Community discussion board moderated by our experienced expert team.
- New content regularly added
- Technical support

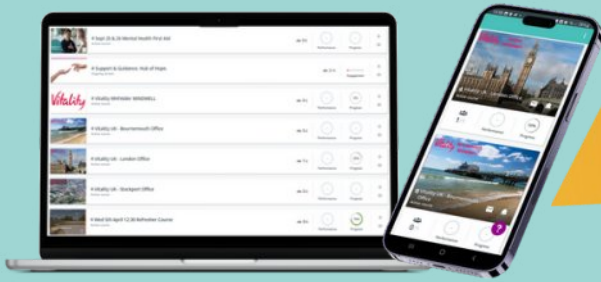


**Subscription  
1st  
MONTH  
FREE\***

\*subscription continues monthly. Cancel anytime

[\*\*Enrolment / Enquiry Form\*\*](#)

# Tailored MINDWELL Companion



Tailored MINDWELL Companion to boost workplace wellbeing strategy.

**ASK FOR A DEMONSTRATION**

MINDWELL Companion for organisations provides a private space for your organisation's wellbeing.

MINDWELL Companion offers your organisation a wealth of resources, including self-help and wellbeing. The biggest benefit, apart from your entire team having access to this great resource, is the ability to add a variety of additional features that reflect your organisation's personality (branding), as well as bringing together internal wellbeing events and information.

An example of some of the additions you can make

- Split your MINDWELL Companion into sections for specific staff roles groups and/or location,
- Share files
  - (.ppt/pptx, .pdf, .doc/docx, .xls/xlsx, .mp4, .mov, .png/jpg, .zip (SCORM), video links YouTube/Vimeo).
- Who are & how to contact your MHFAiders / Physical first aider's
- How to access your Employee Assistance Programme
- Update once a month with your files and events
- Add internal training to your MINDWELL Companion

**MINDWELL  
Companion**

**“Great for individuals,  
perfect  
for organisations!”**

All our training is delivered through our MINDWELL Companion when delivered online. (We can accommodate alternative live platforms). All services are also available in-person.

Our fees are based on online delivery, instructor expenses are added to these fee

**Mindmaps Wellbeing are with you for the journey providing expert guidance and support.**

**[Enrolment / Enquiry Form](#)**

# **Preventative Workplace Wellbeing Training**



# Workplace Wellbeing Skills For Leaders & Managers

Learn how to engage in meaningful conversations about workplace wellbeing with the supports designed to enhance your skills as an effective leader.

Empowering leaders and managers to support mental wellbeing in the workplace. This comprehensive course is designed to equip learners with the necessary knowledge and skills to support themselves and their team's wellbeing.

Balancing the individual versus the business needs is a common conundrum many workplaces face when it comes to making suitable adjustments for someone's mental wellbeing.

By participating in this course, learners will become skilled in how to navigate these challenges with confidence and professionalism.



**\*This course includes FREE access to MINDWELL companion for 2 or 3 years!**



Initially designed as a one-day course, through collaboration with The University of Cambridge, we extended it to offer a two-day option, to enhance a practical application of the course outcomes.

Day two is dedicated to practising the skills learned on day one, allowing for a hands-on approach and providing the attendees with a higher level of confidence going into their wellbeing conversations.

**“These guys have a brilliant offering of information, case studies and practical sessions, relating to my team at their level superbly. Totally up to date with current thinking, offering multiple solutions for real-world issues raised in group discussions.”**

**Ocado APAC  
Construction Manager**

**ocado**  
GROUP

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# Workplace Wellbeing Skills For Leaders & Managers

## Course outcomes

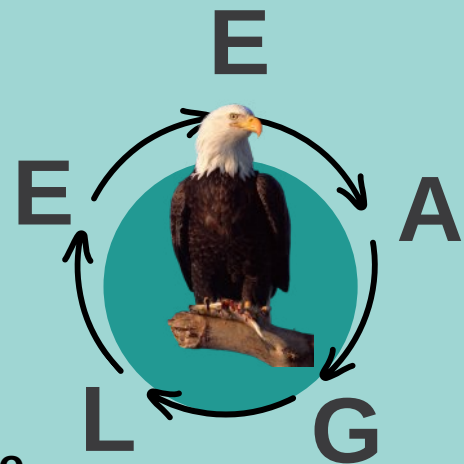
### Day one

- What impacts our mental health?
- Challenging stigma & discrimination
- Introducing EAGLE Wellbeing Action Plan
- Self-care and wellbeing approaches
- Recognising mental ill-health
- Spotting signs of distress
- Confidence to open a conversation
- Support recovery
- Proactive approach to wellbeing
- Coping strategies and signposting



\*This course includes FREE access to MINDWELL companion for 2 or 3 years!

Our EAGLE Wellbeing Action Plan is memorable and easy to follow, providing leaders & managers with the framework to drive proactive cultural change in the workplace.



### Day two

- Implementing EAGLE
  - Case studies
  - Practice conversations
  - Identifying resources
  - Considering the environment & proactive changes
  - Starting a workplace strategy
  - Bringing it all together

“Today, has made me reflect on my own mental health, and understand what to watch for from those around me. I will no longer be afraid to ask someone how they are. Now I know, I don’t have to find a solution just to listen in a non- judgmental way and provide options.

Thank you so much.”

Newbury Building Society

This course can be tailored to suit your industry or organisation. As we recognise one approach doesn't fit all. See our tailored courses details on how we can meet your workplace wellbeing needs.

[Enrolment / Enquiry Form](#)

# Wellbeing Skills For Employees

This half-day course provides an introduction to promote mental health awareness in the workplace for all employees.

Group activities are designed to encourage and empower individuals to prioritise their mental wellbeing and recognise signs of mental ill health in both themselves and others.

The session emphasises the importance of mental wellbeing conversations, self-care and how to access further support.

**\*This course includes FREE access to MINDWELL companion for 1 years!**



## Course outcomes

- What impacts our mental health?
- Challenging stigma & discrimination
- Introducing Self-Care Action Plan
- Self-care and wellbeing approaches
- Spotting signs of distress
- Stress & resilience
- Proactive approaches to wellbeing
- Coping strategies and resources
- Conversation Action Plan

“Fantastic! I will recommend this course to anyone, it has prompted me to approach my GP, which is a massive step for me to reach out to someone. Thank you”

Anon - Bluebay Asset Management

**This course can be tailored to suit your industry or organisation. As we recognise one approach doesn't fit all. See our tailored courses details on how we can meet your workplace wellbeing needs.**

[\*\*Enrolment / Enquiry Form\*\*](#)



# Mindmaps Wellbeing Tailored Training

We develop tailored courses that cater to your organisation's specific workplace wellbeing goals.

If you can't find what you're searching for, don't hesitate to contact us. Many of the services and courses we currently offer were developed as solutions to a client's specific requirements.

Since 2019, we have worked with many organisations and created a set of industry specific courses highlighting relevant statistics and relevant case studies to suit their workplace. Prior to developing your course, we meet with you to enable us to understand your business requirements. This allows us to ensure we are covering the outcomes you are looking to achieve and plan how to reach your wellbeing goals.

**\*This course includes FREE access to MINDWELL Companion for 1 to 3 years!**



## Industry specific courses we have developed so far include:

- Education (all sectors)
- Finance
- Healthcare
- Engineering
- Construction
- Public sector
- Small & medium businesses
- Arboriculture
- Media

**[Contact us to create the right course, just for your team](#)**

**[Enrolment / Enquiry Form](#)**

# Mindmaps Wellbeing Specialist

## Courses

We have created a range of focused training for specific areas of workplace wellbeing. These are half-day interactive sessions developed by our team of experienced mental health professionals.

Current training offered includes:

- Wellbeing At Work 12-month programme
- Dementia Aware
- Self-harm & Suicide Aware
- Cognitive Behavioural Therapy
- Dialectal Behaviour Therapy
- Recovery approaches
- Specialist Workshops
- Conference Workshops
- Plenary speakers
- Diversity & mental health at work
- Supporting menopause at work
- Stress & resilience skills



Available to book for **closed** groups of 6 to 16 learners **only**.

**Please contact us for details.**

\*These courses include **FREE** access to MINDWELL companion for 1 to 3 years!



If you don't see what you are looking for, please just ask, as we can often tailor a workshop for your specific requirements.

“Fantastic trainers who delivered the content with real expertise and insight”

*Fremantle*

Fremantle chose our Media edition training for several production teams including the team behind 'The Apprentice'.

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# AC Landscapes & Treeworks



At the end of 2018 I used the MHFA website to find an approved trainer in the local area and spoke to several individuals and companies to select the right trainer to suit our needs. Tim Lloyd of Mindmaps Wellbeing came up on my search and dropped him an email. Tim sent me his CV, and we had a chat over the phone of what we needed and how he could help. With his background with the NHS I knew this guy was clearly going to know what he was talking about. At the start of 2019 myself and others appropriately selected employees ranging from various levels within the business and different area of the business sat with Tim. The idea was to select employees who would be willing to discuss mental health issues but also coming from various sectors of the business which would hopefully give the employees the opportunity to speak with others outside their business structure.



I left the training and reflected on what I now needed to do to promote this within the business. We started with safety briefs and talks on site with the teams to discuss the training we had completed, who were the mental health first aiders and what they could bring to the business. We have also rolled out, with the assistance of Mindmaps Wellbeing, the half day course for all employees and soon will be delivering the one day for all managers or supervisors. As a business we are treating mental health training as we would with any other first aid courses, which are a mandatory for all on site.

Perhaps, due to employees not wanting to admit their mental state or embarrassed to say they have a mental health illness, but I knew it was an area which we needed to improve. With the nature of our works and certainly speaking within our business, we are predominately a male driven organisation. It is notoriously known that men do not talk or hide their thoughts and feelings, breaking this stigma was going to be a challenge.



If I am 100% honest, I had no idea what to expect. I had no idea what I would achieve from the training and how I could relate it back to the business. I knew mental health was and is a difficult topic to discuss and from a business perspective we had never had to deal with any crises.





AC also wanted to develop our relationship with Mindmaps Wellbeing and are arranging all the mental health first aiders to come together and discuss the people we have supported and how we can improve our mental health awareness throughout the business. Using Tim, we will be able to learn from our previous experiences and develop our approaches to workplace wellbeing.

Since the training, we have seen a significant increase in the number of mental health cases with individuals talking about stress and depression. It is difficult as a business to quantify this information as I am confident in that previous year's employees would have not been so open about their mental health and used 'other' reasons for their absence.

I strongly believe the training we have been provided has certainly started to break the stigma of mental health and as a business we are now accepting this and ensuring the employee can seek the correct help. We have used Mindmaps Wellbeing to assist these employees and to ensure they are safe to return or if the business can assist the individual back to their full duties.



**Through this training, and with the support of Mindmaps Wellbeing, I strongly believe that we have not only started to break the stigma of mental health and making it “OK to talk” but also may have saved an individual from taking their own life.**

**“I truly believe this training has saved an individual from taking their own life.”**

**Health & Safety Director AC Landscapes**



# **First Aid for Mental Health Training**

# Supervising First Aid for Mental Health

NUCO two-day course

FAA Level 3 Award in supervising  
First Aid for Mental Health (RQF)  
Award in Leading First Aid for  
Mental Health at SCQF Level 6

This course builds on the Level 2/5  
Award in First Aid for Mental Health  
and covers a wider range of mental  
health conditions and goes into  
detail on the range of therapy and  
professional support that a person  
may be given by professional bodies  
during treatment for a mental health  
condition



The course is suitable for all persons  
within a workplace but is aimed at those  
who hold a supervisory/managerial level  
position and who have responsibility for  
implementing a positive mental health  
culture and responsibility for First Aid for  
Mental Health within an organisation.



[Link to full course criteria  
and outcomes here](#)



Adult

\*This course includes FREE  
access to MINDWELL  
companion for 3 years!



**A range of subjects are covered including:**

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- A large range of Mental Health conditions covered in detail



[Enrolment / Enquiry Form](#)



# First Aid for Mental Health

NUCO one-day course

FAA Level 2 Award in supervising  
First Aid for Mental Health (RQF)  
Award in Leading First Aid for  
Mental Health at SCQF Level 5

This course is suitable for everyone to help provide a positive mental health culture within the workplace and to provide learners with knowledge on a range of the most common mental health conditions. Learn the skills to act should a condition be suspected.

Learners undertaking this course will be considered First Aiders for Mental Health and be a point of contact to help and support those with a suspected mental health condition.



**A range of subjects are covered including:**

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace

[Link to full course criteria and outcomes here](#)



## Adult

**\*This course includes FREE access to MINDWELL companion for 2 years!**



This course introduces the First Aid for Mental Health Action Plan which allows learners to provide their peers with guidance and support for a suspected mental health condition. Learners will be able to provide signposting to professional help and support that person whilst they are receiving professional assistance. This course also covers the effects of drugs and alcohol and provides learners with the skills and knowledge to assist employers in implementing a positive mental health culture to support employees within a workplace.



[Enrolment / Enquiry Form](#)

# Youth First Aid for Mental Health



Youth

**NUCO one-day course**

**FAA Level 2 Award in supervising First Aid for Mental Health (RQF) Award in Leading First Aid for Mental Health at SCQF Level 5**

**\*This course includes FREE access to MINDWELL companion for 2 years!**

This course is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge and skills to identify a potential mental health condition, start a conversation, and provide support and guidance to professional help.



Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

**A range of subjects are covered including:**

- What is first aid for youth mental health?
- Identifying mental health conditions
- Stress
- Mental health conditions
- Drugs and alcohol
- First aid action plan for mental health



[Link to full course criteria and outcomes here](#)

[Enrolment / Enquiry Form](#)



# First Aid for Mental Health Awareness



**Adult**

**NUCO 4-hour course**

**FAA Level 1 Award in supervising First Aid for Mental Health (RQF)  
Award in Leading First Aid for Mental Health at SCQF Level 4**

This awareness course is suitable for everyone as it provides learners with the knowledge to recognise a suspected mental health condition and the skills to start a conversation and be able to signpost a person towards professional help.



All members of the public can benefit from this course and it is a great stepping stone into First Aid for Mental Health.



[Link to full course criteria and outcomes here](#)

**\*This course includes FREE access to MINDWELL companion for 1 year!**



**A range of subjects are covered including:**

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation



 **nuco training**  
[Enrolment / Enquiry Form](#)

# Quarterly MHFAider Facilitated Forum

## Closed Groups

Support for MHFAiders: providing guidance and reassurance they are not alone.

Our MHFAider guidance & support forums are tailored to provide MHFAiders with the clarity they need to excel in their role. We believe it's important to offer a safe space for MHFAiders to discuss their role, while staying up-to-date with the latest best practices and information.

\*Session held online through our MINDWELL Companion!



Outline of session.

Part one: Reflecting on the previous quarter as a MHFAider

In this section, group discussions will focus on assessing how the previous quarter has been as a MHFAider. Participants are encouraged to come prepared with questions about the role or a recent experience they have had, which could serve as a "case study" for guidance and reassurance.



Part two: Focused topic discussion

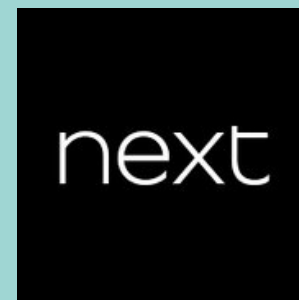
Explore a particular topic in greater depth. Our experienced instructor team or a qualified guest speaker will guide our discussion, facilitate practical tasks, or share relevant videos. This is also an opportunity for bite-sized training & resource sharing.

Our MINDWELL Companion's live feature allows for online sessions that are available in either a one or two-hour duration, depending on your requirements.

[Enrolment / Enquiry Form](#)



# Trusted Specialist Provider



Building workplace wellbeing since 2019

# Quarterly MHFAider Facilitated Forum

## Open Groups

Support for MHFAiders: providing guidance and reassurance they are not alone.

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Part two: Focused topic discussion

Explore a particular topic in greater depth. Our experienced instructor team or a qualified guest speaker will guide our discussion, facilitate practical tasks, or share relevant videos. This is also an opportunity for bite-sized training & resource sharing.

Held on MINDWELL Companion's live feature (powered by Zoom)

1.5 hour sessions, attendance fee is £35pp per session (£120pp for 4-sessions)

[Enrolment / Enquiry Form](#)

# Adult Mental Health

## First Aid

MHFA England two-day course

### Course Outcomes

#### Day One

- Introducing MHFA Action Plan
- What is anxiety?
- Crisis first aid
- Active listening and empathy
- What are eating disorders?
- What is self-harm?
- What is substance misuse?
- The MHFAider® role & self-care
- Helpful and unhelpful language
- Useful models to support you
- What influences mental health?



09:30 - 17:00 both days with group exercises, videos, discussions, & scenarios, to embed the learning & keep it engaging.

"I've done both the full 2 day Mental health First Aider course with Tim Lloyd, and the half day refresher. Both courses were really informative, well run (remotely via video conferencing), and Tim is such a great instructor with a lot of knowledge to share, and a good sense of humour. Can't recommend it enough."

ORGANIC

# Adult

MHFA England  
INSTRUCTOR  
MEMBER



\*This course includes FREE access to MINDWELL companion for 3 years!



#### Day Two

- Applying the MHFA Action Plan
- What is depression?
- What is suicide?
- Crisis first aid continued
- What is psychosis?
- Recovery and lived experience
- Boundaries in the MHFAider® role
- Moving forward in the MHFAider® role
- My MHFA action plan



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# Youth Mental Health

## First Aid

Youth

MHFA England  
INSTRUCTOR  
MEMBER



### MHFA England two-day course

Youth Mental Health First Aid courses are for everyone who works with, lives with or supports young people. It will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

Our courses won't teach you to be a therapist, but we will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.



But more than that, we aim to give you the information and skills to look after your own mental health so that you can set an example for young people. By giving you the tools to have these conversations, we hope to empower you to create a mentally healthy, supportive environment in your family, school, peer group or community.

Let's create a future where mental health is treated as a normal part of life, in the same way as physical health. A future where every young person has access to support if they need it.

**\*This course includes FREE access to MINDWELL companion for 3 years!**



This course trains you as a Youth Mental Health First Aider, giving you:

- An in-depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

[\*\*Enrolment / Enquiry Form\*\*](#)

# Higher Education

## Mental Health First Aid

MHFA England two-day course

Our Higher Education Mental Health First Aid (MHFA) courses are for everyone who works or studies in a university environment

Our courses won't teach you to be a therapist, but we will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.



But more than that, our courses aim to give you the information and skills to look after your own mental health, promote positive wellbeing and raise awareness in the people around you. By giving you the tools to have these conversations, we hope to empower you to create a mentally healthy, supportive environment in your university.

Our team of instructors has a strong connection to academia. Many of them serve as Practice Tutors or oversee the Wellbeing Team, providing them with the ideal background to guide this training.

# Higher Education

\*This course includes FREE access to MINDWELL companion for 3 years!



Let's create a future where we all know how to look after our own mental wellbeing, so preventable issues don't arise in the first place. A future where everyone has access to support if they need it.

This course is available for closed groups only.



09:30 - 17:00 both days with group exercises, videos, discussions, & scenarios, to embed the learning & keep it engaging.

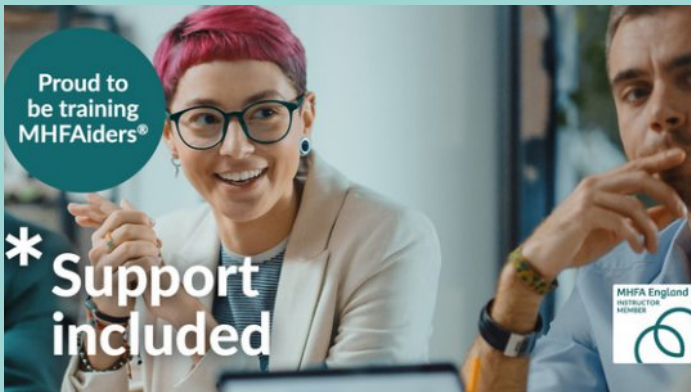
[Enrolment / Enquiry Form](#)

# Mental Health Champion

## MHFA England one-day course

This one day course trains you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing



- Delivered either face-to-face or online via MINDWELL Companion
- Learning takes place through a mix of presentations, group discussions, videos and workshop activities

Available to book for **closed** groups of 6 to 16 learners **only**.  
**Please contact us for details.**

**\*This course includes FREE access to MINDWELL companion for 2 years!**



**Everyone who completes this course also gets:**

- Workbook
- Digital manual
- ALGEE action plan card
- Certificate

"Enlightening and interesting course. Very engaging, facilitator very knowledgeable and delivered clear & well.  
10/10

Mount Stuart Hospital



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# Mental Health First Aid Refresher

MHFA England 4-hour course



\*This course includes FREE access to MINDWELL companion for 1 year!

## Can you remember ALGEE? Mental Health Action Plan

Empower Mental Health First Aiders and Champions to maintain their skills with regular Refresher training. Just like physical first aid, we recommend that you refresh your skills every two to three years. (Certificate expires after 3 years). If it's time to update your skills, book onto an MHFA Refresher course now and feel confident that you are performing your vital role safely.

**Revisit the key areas from the full course. Keep up to date with the latest statistics and information.**

If you are a Mental Health First Aider or MHFA Champion you have skills for life that support you and the people around you.

Mental Health First Aid training can be kept up to date through this four hour MHFA Refresher course, which will empower you to:

- Update your knowledge of mental health and what influences it
- Update your awareness of current mental health supports available
- Practise applying the Mental Health First Aid Action Plan

Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 20 people per course so that the instructor can keep people safe and supported, to get the most from their learning experience with us.



**TIME TO UPDATE**

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# Aware Course

## MHFA England 4-hour course

This half-day course is designed for for all staff to attend that haven't completed the MHFA or Champion course, to raise awareness mental wellbeing.

It provides an opportunity to encourage wellbeing conversations in the workplace. Raise awareness of the resources available including MHFAider's who are there to guide and support them.



### Everyone who completes this course gets:

- Everyone who completes the course gets:
- A certificate of attendance to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health

Available to book for **closed** groups of 6 to 16 learners **only**.  
**Please contact us for details.**

**\*This course includes FREE access to MINDWELL companion for 1 year!**



### Course outcomes

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction self-care
- Confidence to signpost someone in distress or who may be experiencing mental ill health

"I thought the course was really interesting and informative, it is obviously a difficult subject matter, but it was delivered perfectly by Tim, he looked after the wellbeing of the group throughout the course"



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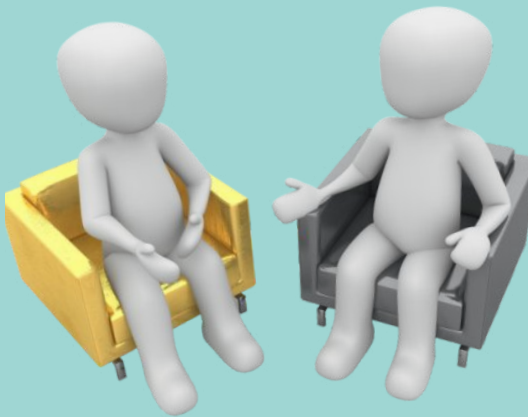
**Ongoing Guidance  
and Support**



# 'Bridging the gap'

## What is Bridging the gap?

"Bridging the Gap" refers to the period between signposting and treatment. Unfortunately, due to long waitlists for professional care, it can take an extensive amount of time to receive the necessary treatment, similar to physical health care.



Our team of mental health experts recognised this issue and created a private clinic service alongside our training courses to provide individuals with the help they need, when they need it most. Early intervention is crucial, and we're here to make a difference.

**\*Includes FREE access to MINDWELL Companion for 1 year**

At Mindmaps Wellbeing, we offer prompt support for individuals struggling with their mental ill-health. Our team of Registered Mental Health Nurses provide an initial evaluation, for a set rate. Following the assessment, we offer recommendations for next steps. In the event that a personalised treatment plan is necessary, we work with you to create a plan that fits your specific needs offering a choice of certified therapists to support you. Each therapist with their own specialism.



**"I was going through a tough period and was so grateful to be able to get some support so quickly. My workplace set up a meeting with Mindmaps Wellbeing where I met Yvette, who was simply amazing! I was able to continue working. After just a couple of sessions with Yvette I was in a much better position, equipped with self-help resources and a wellbeing plan to maintain my mental wellness. I can't thank you enough for your compassion, understanding and guidance. I feel armed to face the world again!"**

**Anonymous feedback**

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# Debriefing After Serious And Unexpected Events

Evidence shows that teams that debrief to learn regularly perform better using the learning gained than those who do not undertake debriefing.

After a serious and unexpected incidence there is a need for teams to debrief in a safe and held manner to process the impact of the event and to consider the lessons that can be taken from the event.

Mindmaps Wellbeing has experienced clinicians who can support your team to share their experience of an event and work with them to consider any learning and how that might be taken forward to reduce recurrence and to improve service delivery.

During challenging times, employees may experience a decline in their mental & physical health, leading to extended periods of absence from work. According to industry estimates, mental health issues can cost an organisation up to **£2400\*** per employee per year.

This may include reflecting on adverse events such as:

- Procedural errors
- Employee safeguarding incidences
- Violence and aggression
- Self-harm
- Suicide, loss and grief
- Traumatic incidents

facilitated by our expert clinicians using a range of tools such as REFLECT to provide debriefing, helping to guide learning and development and next steps.

In thriving workplaces, learning-oriented debriefings support service delivery, by helping teams to engage and leading with a positive culture of continuous learning.



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# Return To Work Assessment

## Assessing Mental Fitness for Individuals Returning to Work

We offer a comprehensive service that can be completed either online or in person to help determine an individual's mental fitness as they return to the workplace.

The assessment is designed to provide guidance for any necessary adjustments that may be required to ensure a supportive transition back to work.

By discussing their mental wellbeing with a professional outside of the workplace, employees often find this assessment more comfortable. Furthermore, this review is relevant to all those returning from sickness, as many physical health problems can lead to mental health issues.



**By Registered Mental Health Nurses or Occupational Therapist with specialist background in mental health**

Our service has helped to uncover mental health struggles that individuals were hiding behind other ailments, such as 'A bad back' or 'Upset Stomach,' enabling them to receive the support they require.

Once the assessment is complete, we create a confidential report with recommendations to help support the individual in their return to work.

## Providing Tailored Services to Meet Our Clients' Needs

One of our best-selling products was created when a customer inquired about a service that was not listed on our website. At the time, we were working on their customised organisational training program, and with our team's expertise, we were able to deliver the requested service. Our brochure lists the services we offer, but if you don't find what you're looking for, don't hesitate to ask! We may be able to assist you in ways you didn't expect.

**[For more information on our services contact us](#)**

**[Enrolment / Enquiry Form](#)**



# Wellbeing Policy

Mindmaps Wellbeing can work with your organisation to create a new (or review an existing) Workplace Wellbeing Policy.

## Do you have a workplace wellbeing policy in place?

### What is a Workplace Wellbeing policy?

It is an official statement that provides the overall direction for the organisation's strategy. Defining the vision, values, principles and objectives, by establishing a focused model for action to achieve that vision.

The policy may include details outlining the health and wellbeing aims for your business on the following topics; Aim of the policy, objectives, communication, viewing and monitoring of the policy.



Our experienced team of mental wellbeing leaders and educators have worked collaboratively with organisations to enhance and clarify their stance on promoting and supporting individuals to stay well at work. Making us well positioned to ensure your workplace helps people to thrive.

Arrange your consultation today to find out more.  
[sales@mindmapswellbeing.com](mailto:sales@mindmapswellbeing.com)



To facilitate the growth of a thriving workplace, the wellbeing policy will provide the corner stone to your workplace wellbeing strategy.



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# MINDWELL Companion

**BOOK A**  
**FREE**  
**DEMO**  
**TODAY**

**\*FREE access to MINDWELL companion comes with all of our training (from 1 to 3 years)**

**Would it be helpful to have useful resources, self-help & wellbeing tools at your finger tips?**



**MINDWELL Companion offers even more than that! – it includes learning modules, podcasts, videos, and other helpful tools to boost your understanding and confidence to openly discuss mental health and wellbeing.**

**The MINDWELL Companion is compatible with all devices. Offering a library of resources to enhance wellbeing for yourself and others.**

**Use our tailored MINDWELL Companion to help boost your workplace wellbeing strategy with our whole organisation approach.**

**[FREE with all our training or available on subscription as a stand-alone option.](#)**

**[Book a demonstration with us to find out more.](#)**

# Awards & Recognition

**WINNERS LUX Life Health Beauty & Wellness  
Workplace Wellbeing Provider of the Year 2022 & 23**



**FINALISTS Exeter Living Business  
Awards 2022 & 2023**



**For Education, Health & Wellbeing & People Services**

**WINNERS South East Lifestyle Magazine  
Mental Health Training Specialists of the Year 2022**



**Most Influential Individuals 2022  
Safety & Health Practitioner Awards  
Tim Lloyd recognised as one of the SHP's 18 most  
influential individuals in health & safety 2022.**



**FINALISTS Torbay Naturally Inspiring Awards 2022  
Innovation category for our MINDWELL Companion**



**WINNERS South West England Prestige Awards  
Mental Health Training Provider of the Year 2021/22**



**WINNERS 373 Group  
Biggest Social Impact Award 2020**



**FINALISTS FSB Awards South West Area 2020  
Wellbeing Award**



**Outstanding Care Awards FINALIST 2019  
Supplier of the Year & The Innovation Award**





# ***Specialists for Workplace Wellbeing***



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**[info@mindmapswellbeing.com](mailto:info@mindmapswellbeing.com)**

**+44 1803 523 660**

**Contact us to arrange a consultation, and  
discuss how we can benefit your workplace.**

**\*FREE access to MINDWELL  
companion comes with all of our  
training (from 1 to 3 years)**

