



 **Mind Doncaster**

Wellbeing in the Workplace

Training services portfolio



Supporting Mental Health in Doncaster, Together!!!

At Doncaster Mind, we understand that mental health is a crucial part of overall well-being, both in personal and professional settings.

With years of experience supporting individuals and organizations, our training services are designed to empower, educate, and promote mental health awareness across all sectors.

We are committed to improving the mental health and well-being of the Doncaster community by providing high-quality training that is accessible, evidence-based, and tailored to your needs.

Our sessions aim to reduce the stigma surrounding mental health, build resilience, and foster supportive environments.

Mind Doncaster who we are

We are your local, independent Mental Health Charity that, for the past 45 years, has been committed to providing comprehensive mental health and wellbeing support to local workplaces and the People of Doncaster.

Mind Doncaster what we do

Our training programs are designed to provide the necessary skills and resources to develop a holistic approach to wellbeing that meets the unique needs of each workplace.

From improving stress management, though understanding active listening to learning effective communication techniques, all of our courses equip participants with the tools to create a healthier work environment.

We also offer licenced or accredited Mental Health First Aid courses and post course support in the form of the Mental Health Champions Club for any Mental Health First Aiders who train with us.

Mind Doncaster why we do it

We believe that no one should have to face Mental Health difficulties alone and we will not stop until everyone suffering from poor mental health gets the support they need and deserve. Any revenue generated through training allows us to facilitate more fully funded activities for the People of Doncaster.

Our team brings decades of experience in mental health and education to provide a comprehensive approach that promotes support, understanding, and positive change. Together, we focus on creating a healthy, safe, and productive work environment.

Mind Doncaster Training - we practice what we teach!

Don't just take our word for it—we are proud to have signed the Mental Health at Work Commitment, demonstrating our dedication to fostering a mentally healthy workplace. This means we don't just deliver training; we actively apply the same principles within our own organisation, ensuring a supportive and inclusive environment for our team. By choosing Doncaster Mind for your training needs, you're working with a provider that truly lives by its values and leads by example in workplace mental health.





Doncaster Mind instructors can deliver various Mental Health First Aid Courses.

We deliver prestigious Mental Health First Aid England as well as nationally recognised Level 1 - Level 3 qualification in Mental Health First Aid accredited by First Aid Awards.


We can facilitate training sessions either in our office on Market Square or we can deliver training for you on your site, whichever works best for you and your operations.

Thank you for considering Doncaster Mind as your training provider. Prices of Mental Health First Aid courses start from £180.00 per delegate. When you chose to invest in training with us, you chose to support your local community because the revenue we generate through our training is used to facilitate more funded activities for the People of Doncaster.

Mental Health First Aid England

2-day course



 mind Doncaster

Mental Health First Aid (MHFA) England is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

It involves two days training and comes with a large, superbly written manual to take away plus other resources. Over 2 million people have taken the course worldwide.

Learning outcomes

Learning takes place through a mix of teaching, video clips, exercises, group discussions and activities. MHFA is a practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them
- How to look after your own mental well-being, remain resilient and get the most out of life.

As part of the new MHFA course, learners now get access to a package of support that includes access to the MHFAider Support App®, exclusive resources and ongoing learning opportunities. These benefits and being part of England's largest community of MHFAiders® will help them carry out their role confidently and effectively.

Through the app, they will have access to a dedicated 24/7 text service provided by Shout. This is what we believe makes the MHFA course unique.

Investment: £220.00 per delegate

MHFA England course is valid for a period on 3 years.



Level 3 Award in Supervising First Aid for Mental Health

2-day course

This in-depth 2-day course is designed for individuals at a supervisory or Mental Health First Aider level within the workplace.

It provides a comprehensive understanding of mental health conditions, the support available from healthcare professionals, and how to effectively assist those in need. The course covers the content of both Level 1 and Level 2 qualifications, with an enhanced focus on serious mental health conditions and workplace support strategies.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand the principles of First Aid for Mental Health
- Develop confidence in initiating supportive conversations and signposting for support
- Apply the First Aid for Mental Health Action Plan effectively
- Identify and support with managing stress in the workplace
- Understand the effects of drugs and alcohol on mental health
- Recognise the symptoms of and provide support for mental health conditions such as: depression, Post-Traumatic Stress Disorder (PTSD), self-harm, anxiety, suicidal thoughts and behaviors, eating disorders, personality disorders, bipolar disorder, psychosis and schizophrenia.
- Promote and support a positive mental health culture in the workplace

Upon successful assessment, learners will receive a Level 3 Award in Supervising First Aid for Mental Health, valid for three years from the date of achievement.





Level 1 Award in Awareness of First Aid for Mental Health

5 hour course

This course is designed for everyone in the workplace, equipping learners with essential knowledge and skills to identify signs of poor mental health conditions, initiate supportive conversations, and signpost individuals to professional help.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand the principles of First Aid for Mental Health
- Recognise common mental health conditions
- Identify the signs and symptoms of stress
- Develop confidence in providing advice and starting a conversation about mental health

Upon successful assessment, learners will receive a Level 1 Award in Awareness of First Aid for Mental Health, valid for three years from the date of achievement.



Level 2 Award in First Aid for Mental Health

1-day course

This comprehensive 1-day course covers and builds on the Level 1 content, providing a deeper understanding of mental health conditions and their impact. It also covers the effects of drugs and alcohol, introduces the First Aid for Mental Health Action Plan, and explores ways to foster a positive mental health culture in the workplace.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand the principles of First Aid for Mental Health
- Recognise and identify a range of mental health conditions
- Develop skills to initiate supportive conversations and signpost for support
- Understand the impact of stress and how to manage it effectively
- Understand the effects of drugs and alcohol on mental health
- Apply the First Aid for Mental Health Action Plan in different scenarios
- Promote a positive mental health culture in the workplace

Upon successful assessment, learners will receive a Level 2 Award in First Aid for Mental Health, valid for three years from the date of achievement.



Level 2 Award in First Aid for Youth Mental Health

1 day course

This qualification is designed for individuals who work with or support young people, including parents, carers, teachers, youth group leaders, and young adults. The course provides essential knowledge and skills to identify, understand, and respond to mental health challenges in young people.

Learning Outcomes:

By the end of this course, learners will be able to:

- Understand the principles of First Aid for Youth Mental Health
- Recognise and identify common mental health conditions in young people
- Understand the impact of stress and ways to manage it
- Assess the effects of drugs and alcohol on youth mental health
- Develop skills to initiate supportive conversations and signpost for support effectively
- Apply the First Aid Action Plan for Mental Health effectively

Upon successful assessment, learners will receive a Level 2 Award in First Aid for Youth Mental Health, valid for three years from the date of achievement.



Level 3 Award in Principles of Safeguarding and Protecting Children, Young People or Vulnerable Adults



1 - day course

This qualification is designed to equip professionals and volunteers with the essential knowledge and skills to safeguard vulnerable individuals. Through a blend of theory and practical case studies, learners will gain confidence in recognizing, responding to, and reporting safeguarding concerns effectively.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand key safeguarding legislation and responsibilities
- Recognize the signs of abuse, harm, and neglect
- Apply best practices to create and maintain safe environments
- Respond appropriately to safeguarding concerns
- Follow correct reporting procedures and escalation processes

This qualification is ideal for teachers and education staff, healthcare workers, social care professionals, volunteers working with vulnerable individuals and anyone responsible for safeguarding in their role.

Learners will complete a written assessment, including open and multiple-choice questions and a recognized certification will be awarded upon successful completion.



Level 1 Award in Awareness of Safeguarding 6 hour course

This Level 1 qualification provides a fundamental understanding of safeguarding in various settings, including the workplace, activity groups, and any environment where individuals interact with children or adults at risk.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand the principles of safeguarding and why it is important
- Identify safeguarding concerns and recognize signs of abuse, harm, or neglect
- Know how to record a disclosure accurately and sensitively
- Follow correct procedures to report concerns to the appropriate person
- Understand the importance of ongoing professional development (CPD) in safeguarding

Delegates are assessed through a written assessment, including open and multiple-choice questions. Upon successful completion, learners will receive an Ofqual-regulated, Level 1 qualification. The qualification does not have an expiry date, but refresher training and staying up to date with policy, procedural, and legislative changes is strongly recommended.





Awareness sessions

Mental Health Awareness

90-120 minutes

This engaging introductory session provides participants with a foundational understanding of mental health, explores the impact of stigma, and equips attendees with practical strategies to support their own well-being.

Learning Outcomes

By the end of this session, participants will be able to:

- Define mental health and understand its importance
- Recognize the factors that influence mental health
- Identify and challenge stigma surrounding mental health
- Explore and apply practical self-care strategies to support mental well-being
- Develop an action plan to integrate new knowledge into daily life
- Learn and practice relaxation techniques to reduce stress
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With 1 in 4 people experiencing mental health challenges in their lifetime, this session is a valuable opportunity to gain awareness and take steps toward better mental well-being.

Wellbeing Awareness

90-120 minutes

Wellbeing is a personal and often hard-to-define experience—but we all know when we have it and when we don't. This interactive session will guide participants through an exploration of what wellbeing is, what affects it, and how to enhance it, leading to a more balanced and fulfilling life.

Learning Outcomes

By the end of this session, participants will be able to:

- Understand what wellbeing is and why it matters
- Identify challenges to maintaining wellbeing and where they originate
- Recognize the key areas that impact wellbeing and how they interconnect
- Explore and apply practical strategies to improve and sustain wellbeing
- Develop a personal implementation plan to integrate these strategies into daily life
- Learn and practice relaxation techniques to support mental and emotional health

Join our facilitator on this insightful journey and discover how small, intentional actions can lead to greater happiness and life satisfaction.





Stress Awareness

Stress Awareness

60 minutes

This session is designed to help participants develop a deeper understanding of stress and its effects on mental and physical health.

Learning Outcomes

By the end of this session, participants will be able to:

- Understand what stress is
- Recognize common signs and triggers of stress
- Explore the impact of stress on mental and physical health
- Gain awareness of factors promoting positive mental health and wellbeing in both personal and professional settings

This session equips participants with the tools they need to better understand and manage stress, fostering resilience and overall wellbeing.

RESET Yourself – stress management workshop

4 hours

Stress management is for everyone. Building on the knowledge from our Stress Awareness Session, this interactive workshop delves deeper into understanding stress, its different forms, and effective ways to manage it.

We all experience stress, but what exactly is it? Can stress be both good and bad? This session answers these questions while equipping you with tools to recognize signs and triggers before they escalate.

You'll explore practical techniques to manage stress effectively, leading to a healthier, more balanced life.

Learning Outcomes

By the end of this workshop, participants will be able to:

- Understand what stress is and why it exists
- Recognize how stress affects the body and mind
- Differentiate between positive and negative stress
- Identify personal stress triggers and develop healthier responses
- Apply practical strategies to manage and reduce stress in daily life
- Learn techniques to restore balance and calm at any given moment

Give yourself the gift of freedom from habitual stress responses and start your journey toward greater calm, resilience, and inner balance.



Mindfulness

Bitesize Mindfulness

60 minutes

Mindfulness, the art of paying attention, has been practiced for centuries and is now widely recognized as a powerful tool to reduce stress, prevent burnout, and enhance overall well-being. The focus of this session is to experience being mindful rather than intellectual discussions around mindfulness concepts.

Learning Outcomes

By the end of this session, participants will be able to:

- Experience mindfulness
- Recognize the benefits of mindfulness for mental and emotional well-being
- Differentiate between active and passive mindfulness practices
- Explore simple ways to integrate mindfulness into daily life, such as mindful eating and drinking
- Experience guided mindfulness exercises to cultivate presence and relaxation

Take this opportunity to slow down, reconnect, and bring more balance into your everyday life.

Mindfulness and Me

4 hours

Mindfulness is clinically proven to support calmness, clarity of thought, and focus. Regular mindfulness practice has been shown to reduce stress and blood pressure, alleviate symptoms of depression and anxiety, and improve sleep, productivity, and overall well-being. This workshop is the perfect starting point for those looking to explore what mindfulness is and how it can enhance everyday life.

Learning Outcomes

- By the end of this workshop, participants will be able to:
- Understand what mindfulness is and how it works
- Learn the science behind meditation and its benefits
- Identify four common psychological traps that impact well-being
- Practice a non-judgmental and open-minded approach to thoughts and emotions
- Explore the concept of acceptance and how it fosters resilience
- Apply mindfulness techniques to reduce stress, anxiety, and worry in challenging situations
- Recognize how mindfulness enhances relationships, productivity, and overall life satisfaction
- Experience mindfulness in action through guided exercises





Mental Health, Wellbeing and Me Talk

60-90 minutes

The Mental Health, Wellbeing and Me Talk is a unique and engaging talk designed to help people feel connected to their own emotional wellbeing.

Learning Outcomes

By the end of this talk, participants will be able to:

- Understand the fundamentals of mental health and well-being
- Recognize the importance of self-awareness in maintaining emotional balance
- Identify key strategies to build resilience and manage life's challenges effectively
- Learn how to make informed and healthy decisions that support mental well-being
- Gain insights from cutting-edge research on mental health, neuroscience, and positive psychology

This talk empowers participants with knowledge and tools to take control of their well-being, fostering a healthier and more resilient mindset.

Bespoke sessions

At Doncaster Mind we understand that services and organisations often have specific training areas that they would like to focus on in addition to set budgets for training which can vary according to the size of their organisation and workforce.

Our bespoke sessions are the unique and dynamic training experience for organizations committed to mental health and wellbeing.

Our personalized and bespoke mental health training is designed to empower organizations with the skills and knowledge necessary to effectively support their employees' mental health and create a culture of inclusion.





Mental Health Champions Club

**...because those who support others need
the help and support too...**

Mental Health Champions Club is an initiative supporting personal growth of our members and, as a result, organizational growth. Our community of Mental Health Champions learn, explore what works, identify what doesn't work and share ideas of how to make a workplace an environment which supports mental health and wellbeing of employees.

All graduates of our Mental Health First Aid courses are invited to join the MHCC.

Our members are passionate about promoting open, honest conversations about mental health and inspiring others to seek support when needed.

We provide our members with a platform to connect with mental health experts and professionals, share their stories, and be a voice for those who can't speak up for themselves.

As a member, you'll have access to exclusive resources and training events to empower you to be an advocate for mental health.

**Together, we can work to destigmatize mental health issues and
foster healthier, more open dialogue!**



Here at  **mind** Doncaster

we are extremely grateful to all organisations who chose us as their training provider.

We are an independent local mental health charity and we are responsible for raising our own funds.

All revenue generated from training will help us continue providing support to the people of Doncaster and surrounding areas to make sure that no one faces a mental health difficulty alone!

Did you know?

£20

- could provide an hour of 1-1 support for a young person

£45

- could provide a 1-1 counselling session for someone

£60

- could provide 1 family counselling session

£160

- could support a young person to complete an up to 16-week mentoring programme

£1900

- would allow us to run an additional, 6 week course on Anger, Anxiety or Confidence



Mind Doncaster

**we believe that no one should have to face a mental health difficulty alone!
We won't give up until everyone experiencing a mental health difficulty gets both the
support and respect, they need and deserve!**

Together, we can make impactful difference!

Contact us today to discuss your unique training needs!!

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