



mind Hertfordshire Workplace Wellbeing

**Empowering businesses in
Hertfordshire to create workplaces
where every employee feels
supported, understood, and valued**





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Our approach to Workplace Wellbeing

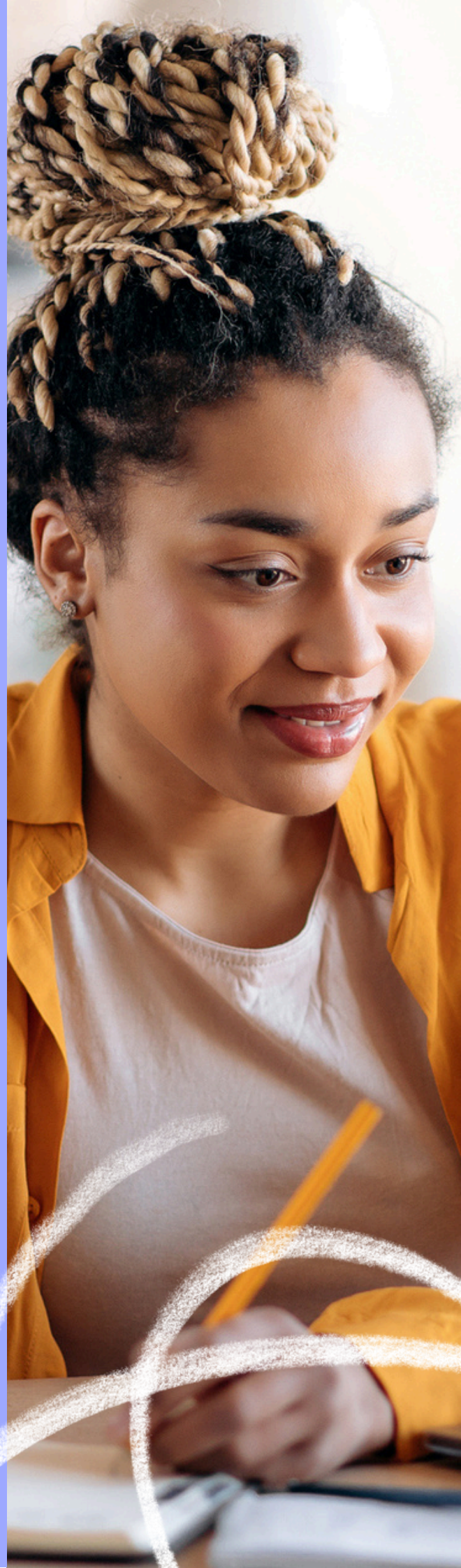
We are Hertfordshire's leading mental health charity, with over 50 years of experience supporting mental health in our local community. Our training is grounded in expertise, shaped by lived experience, and designed to be practical, relevant, and impactful.

We offer...

- High-quality, accredited training, developed in line with national standards
- A team of experienced trainers and practitioners, with lived experience at the heart of what we do
- Bespoke, flexible delivery - tailored to your organisation's needs
- Content co-produced with people who have real-life experience of mental health challenges

Whether you're supporting remote teams, upskilling managers, or building a more inclusive workplace culture, we work with you to deliver bespoke training and support services.

We are also committed signatories of the Mental Health at Work Commitment and the Mindful Employer Charter, reflecting our dedication to best practice in workplace wellbeing.



Why Mental Health Training Matters

- Reduces stigma around mental health
- Increases understanding of mental health conditions
- Provides practical tools to support others
- Builds confidence to have supportive conversations
- Leads to healthier, happier, and more supported teams

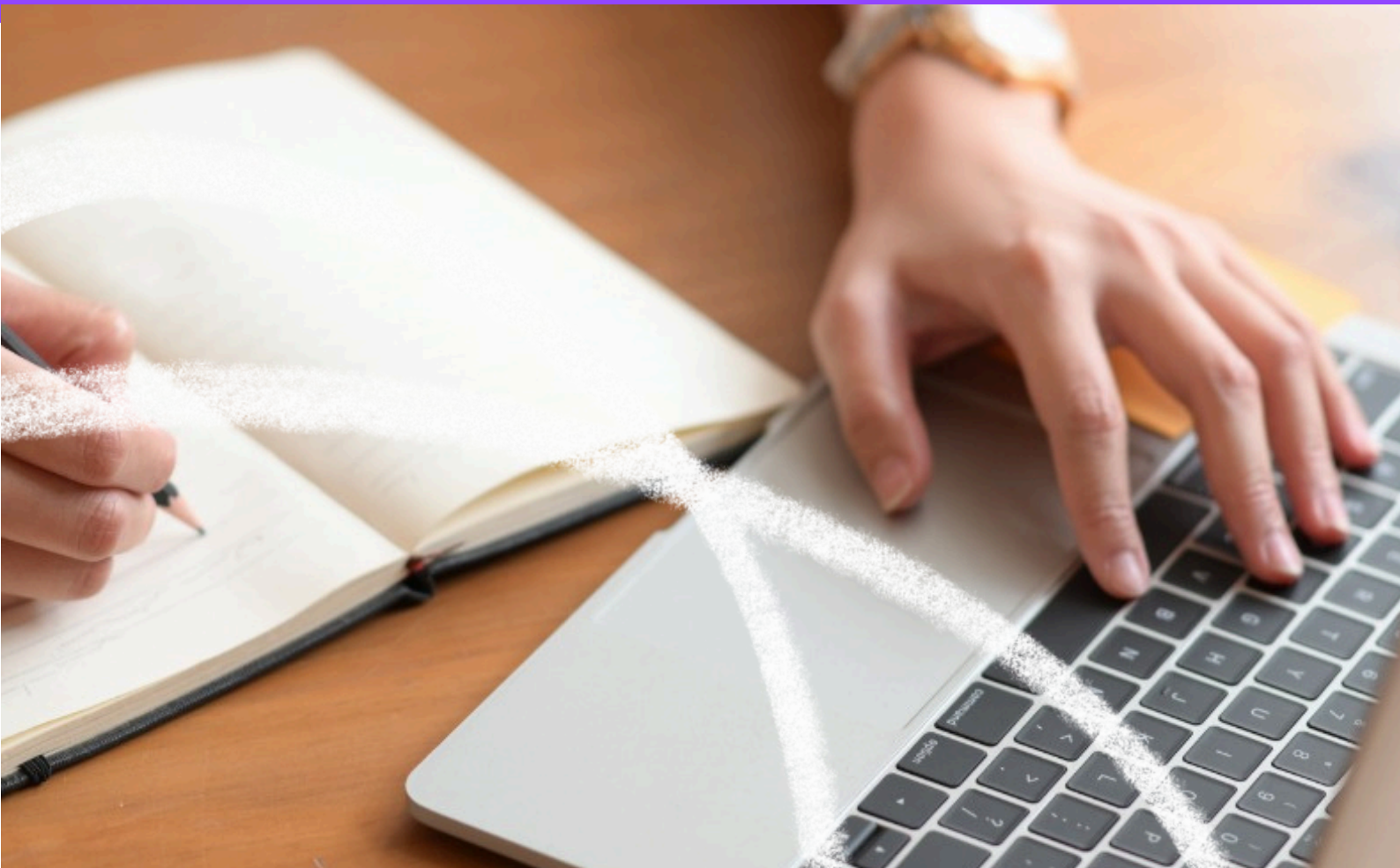
For every £1 invested in workplace mental health, businesses could see a return of up to £5 through improved productivity, reduced absenteeism, and lower staff turnover. (Deloitte 2022)



Our organisation needed a mental health and suicide training after dealing with many people presenting with these issues. Staff were apprehensive about attending, but they came away feeling well-informed, energised and confident. The training was amazing and just the right balance.



- Retail Company: Mental Health in the Workplace Training



Our Impact (2024-25)



- **843+** hours of training delivered
- **4,034** people attended our training and workshops
- **50+** individual workplaces supported
- **150+** Mental Health First Aiders trained
- **97%** of evaluations rated our training as good or excellent

Participants consistently highlighted that our training is:

- Interactive, informative, and engaging
- Enhanced by lived experience and shared insights Practical and applicable to real situations

Key outcomes included:

- Increased confidence and validation
- Greater knowledge and understanding
- Practical skills for everyday use
- Positive impact on personal and professional development
- Meaningful benefits for organisations

What We Offer

Training & Workshops:

Hertfordshire Mind delivers engaging, high-quality training that helps individuals and organisations build confidence, skills and understanding around mental health and wellbeing. Our programmes cover:

- Workplace Wellbeing
- Health & Wellbeing
- Mental Health Conditions
- Supporting Others

Accredited & Specialist Training:

Recognised and specialist training designed to develop the knowledge, confidence, and skills needed to support mental health and save lives:

- Mental Health First Aid (MHFA England)
- Spot the Signs Suicide Prevention

Workplace Wellbeing Support:

Flexible support options to embed wellbeing into your organisation:

- Drop-in Support Sessions
- Group Supervision
- Counselling
- Wellbeing Days
- Lived Experience Speakers
- Corporate Volunteering

For detailed information on our full range of courses and workshops, please contact us for a copy of our complete training catalogue.



Mental Health First Aid (MHFA) Training



Mental Health First Aid (MHFA England) Course – 2 Days

Become a certified Mental Health First Aider and gain the skills to recognise the signs of poor mental health, start supportive conversations, and guide people to the right help.

This nationally accredited, interactive course builds confidence through real-life scenarios, discussion, and practical tools. Participants leave with a recognised certificate, resources, and ongoing access to England's largest MHFAider® network.

Mental Health First Aid Refresher Course - 4 Hours

Keep your skills up to date and maintain your MHFAider® certification with our half-day refresher. Revisit key knowledge, practise the MHFA approach, and stay confident in supporting mental health in your workplace.

Both training courses can be delivered online or in-person and are heavily subsidised. Please contact us for pricing and availability.

[Click here!](#)



MHFA England
INSTRUCTOR
MEMBER



Spot The Signs Suicide Prevention Training

Gain the confidence to recognise the signs of suicide and take action that could save a life.

Spot the Signs is a local suicide prevention campaign focused on breaking stigma, raising awareness, and equipping people with the skills to support those at risk.

This engaging training explores who may be most at risk, why, and what you can do to help. You'll learn practical, real-world strategies to identify warning signs, start conversations, and respond safely and appropriately.

By attending, you will:

- Increase your awareness and understanding of suicide
- Learn how to recognise signs of risk in others
- Build confidence to respond and support someone in need
- Understand local and national support options

[Click here!](#)



Fully funded for organisations and individuals in Hertfordshire. Delivered in-person or online. Contact us to book a session.



Arranging training with Hertfordshire Mind was a seamless and painless process to get off the ground. We were unsure as to how suicide prevention training would land with our organisation and the training was a perfect blend of engaging and informative. It was a great session and thanks for being great to work with.



- Local Charity



**SPOT THE SIGNS
& SAVE A LIFE**

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE



Workplace Wellbeing Support

Support your team beyond training with flexible, practical wellbeing services designed to meet the real needs of your workforce. We work in partnership with organisations to create healthier, more supportive workplaces - offering a range of options that can be tailored to your team.

Drop-in Support Sessions

Regular 1:1 sessions (15–30 mins) offering guidance, signposting, and early support, helping staff access the right help at the right time.

Group Supervision

Facilitated by qualified professionals, these sessions provide a safe space for teams or Mental Health First Aiders to reflect, debrief, and support one another.

Counselling

Confidential, one-to-one support with qualified counsellors, helping staff navigate challenges and maintain their wellbeing.

Wellbeing Days

Bespoke wellbeing events including workshops, guest speakers, training, and drop-in sessions—designed around your organisation's needs.

Corporate Volunteering

Give back to the community while boosting team morale. From practical projects to team days with purpose, your staff can make a meaningful local impact.

Whether you're looking for one-off support or a longer-term wellbeing offer, we can work with you to build a tailored package that meets your needs!



Frequently Asked Questions

I'm not sure where to start.

What do I do?

If you're unsure which course is right for you or your organisation, get in touch.

We're happy to discuss your aims, audience and training needs and recommend the most suitable options.

How do I book?

Contact us by email training@hertfordshiremind.org or through our online booking form. We are happy to discuss your requirements, confirm availability and guide you through the booking process.

Can training be delivered online or in person?

Yes. All of our courses can be delivered either online or face-to-face, allowing us to adapt to your organisation's needs.

How many people can attend?

We can accommodate a range of group sizes, from small teams to larger organisations. For organisations looking to train just one or two members of staff, our open courses can provide a flexible and cost-effective alternative to arranging dedicated training.

How do I find out more about the courses?

If you're looking for more details about each course, let us know. We would be happy to send you a description and learning outcomes for each course that you're interested in.

Can courses be tailored to our organisation?

Yes. We can adapt training content, examples and discussions to reflect your workplace, sector and learning objectives.

What are the costs?

Prices vary depending on the course, group size and delivery format. Please contact us for a quote tailored to your requirements.

What if I can't find the topic I'm looking for?

Get in touch. We can send you our full training catalogue and would be happy to discuss your requirements, helping you find the training that best meets your needs.



Stay Connected

Keep up to date with our training, news, and opportunities to get involved:

-  Sign up to our training newsletter for updates straight to your inbox
-  Visit our website to browse and book onto upcoming training courses
-  Follow us on social media for the latest news and updates
-  Access training opportunities, wellbeing resources, and new course announcements
-  Receive practical tips and tools to support mental health and wellbeing



I've attended a few courses run by Herts Mind now and they are always very informative and knowledgeable. The course was delivered with an excellent presentation style that was easy to follow, especially as I was recently diagnosed with ADHD. I was able to stay engaged for 2 whole days and it was the best training i've been on so far.

- Attendee: Mental Health First Aid Course



W: hertfordshriemindtraining.org E: training@hertfordshiremind.org

