



Red
Umbrella

The Mental Health Experts

Mental Health Training

Introducing Red Umbrella

At Red Umbrella, our mission is to improve the mental wellbeing of the UK workforce by working in partnership with employers to deliver bespoke mental health training and support solutions.



Mental health presents a **significant risk to employers** through reduced productivity, lost working days and a difficulty attracting new talent. Red Umbrella is committed to building long-term partnerships with large employers to help them to **create mentally healthy and supportive working environments** for their staff through training and the provision of mental wellbeing services.

Red Umbrella is a mental health expert who can help organisations to take positive steps to **protect operational capability** and **enhance the mental wellbeing of their workforce**.

Why Mental Health Training Is Crucial for Businesses



The need for mental health training is highlighted by rising stress-related absences, increased staff turnover, declining employee engagement, and frequent incidents of workplace conflict.

18m

sick days taken per year in the UK for mental health or mental health related reasons

64%

of managers have considered quitting as a result of wellbeing

1/3

of managers feel out of depth in supporting their employees' mental health

70%


of managers cited organisational barriers to supporting staff wellbeing

1 in 7 people experience mental ill-health at work - education is the first step to take

Many of us may know how to support a friend or colleague if they are having a physical health emergency, but we may not be trained in or even know how to support someone experiencing a mental health crisis.

Our suite of mental health training options are designed to support your workforce. Whether that is an Ofqual registered Level 3 Mental Health First Aid course, MHFA England, Scotland, Wales or Ireland's training, or our bespoke training that focuses on your specific business challenges, we have the solution for your needs.

Our Mental Health Training Solutions: **An Overview**

 As a leading expert in workplace mental health, we have a wide selection of training solutions to suit the needs of any business, in any industry.

Level 1 Award in Awareness of Mental Health:

The Level 1 Award is intended for individuals with limited knowledge of mental health who wish to understand its effects better. It does not train you to be a Mental Health First Aider, but provides foundational knowledge to improve responses and discussions about mental health in various settings.



Up to 16 learners
Duration: 4.5 hours

Level 2 Award in First Aid for Mental Health:

The Level 2 Award is for those with some knowledge of mental health or who encounter it in their work and want to confidently support others. Unlike Level 1, which focuses on awareness, this course equips you with practical skills to take action when needed.



Up to 16 learners
Duration: 8 hours
• 2 half day sessions
• 1 full day

Level 3 Award in Supervising First Aid for Mental Health:

The Level 3 Award in Mental Health First Aid is specifically designed for individuals who frequently encounter mental health issues or wish to take a more active and proactive role in supporting others.



Up to 16 learners
Duration: 16 hours
• 2 full days or
• 4 half days

MHFA England – Mental Health First Aider Course: Up to 16 learners

The MHFA England course trains people to become certified Mental Health First Aiders, giving them the skills to support others experiencing mental health challenges. It covers key areas like recognising early signs of mental health issues, providing initial assistance, and guiding individuals towards professional help if needed.

Suicide Awareness Training: Up to 20 learners

This type of training explores how to create a safe space for discussing mental health reduces stigma and encouraging early intervention, creating a compassionate culture where awareness, support, and every individual matter.

Mental Health Awareness For Managers: Up to 20 learners

This course equips your managers to better understand the impact of mental health within their team, and gives them to skills and confidence to better respond when mental health struggles occur.

Coping with Change Training: Up to 20 learners

Change affects all businesses, but without having the right knowledge and tools to support employees through a change process, stress and uncertainty increase, causing potential issues.


Preventing Sexual Harassment Training: Up to 20 learners

This course provides HR professionals and corporate leaders with the knowledge and tools necessary to create a safe, inclusive, and harassment-free workplace.





Bespoke Training:

Would your workforce benefit from training to address a specific issue? Red Umbrella can create a course that's entirely tailored to your needs.

Our Exclusive Aftercare Promise

 If you choose Red Umbrella to supply your Mental Health First Aid training, your employees will receive a comprehensive aftercare and support package free of charge, for one year. From a dedicated support line to monthly check-ins, access to therapists and more, we care about every single one of your Mental Health First Aiders.

Our comprehensive support package includes as standard:

-  Access to our trainers and BACP therapists for one year – this is for advice or even when overwhelmed after speaking to a colleague within your Mental Health First Aider role
-  Support packages (included on request)
-  Group Mental Health First Aider support sessions
-  Mental Health First Aider forums and upskilling

However, even if you used another provider for your staff training, you could still get access to our acclaimed aftercare for your Mental Health First Aiders for a small fee.

Our Modes of Training Delivery

Face-to-face

Through face-to-face training, a more engaging and interactive environment can be created. It also means that people who are less confident with using technology do not have to suffer as a result.

Virtual learning

Virtual learning is a great option for when you have a geographically diverse workforce and getting everyone in one location is a challenge. This type of training enables people to learn about mental health from the comfort of their home or office.

E-learning

When you want to include mental health awareness training as part of the regular onboarding process for new employees, or you want to provide short training sessions to a wide employee base who are geographically diverse, e-learning can be a cost-effective way of meeting those needs.

Open courses

For those times where you may only want to train two or three people and don't want your own course, your employees can join one of our open courses to gain their qualification. Open courses are run throughout the year both online and face-to-face.

Training for Specific Teams

HR team training

This equips HR professionals with essential knowledge, skills, and tools to address workplace mental health issues effectively.

SLT training

Senior leadership teams shape the culture of an organisation, and effective mental health training helps them to create a positive mental health culture within a business, as well as look after their own mental wellbeing.


Staff training

Workplace mental health issues, such as stress and anxiety, can harm employee performance and organisational health, making training essential to equip staff to manage these challenges effectively.

Training for managers

Managers are often at the frontline of mental health within a workplace. Equipping your managers to be able to spot the signs of poor mental health in their team and respond accordingly is crucial for successful businesses.

An Extensive Webinar Offering

 At Red Umbrella, we have developed the most comprehensive and interactive mental health awareness webinars with our in-house team of expert therapists and years of feedback from our clients.

Flexible webinar delivery options

You can choose from over 50 webinars that can be delivered in 60 minutes or can be grouped together in groups of three to form a half-day session. However you want to receive your webinars, we can find options that work best for you and your business's needs.

Specialised webinars for specific industries

We have provided webinars for industries such as aviation, hospitality, construction, tech, iGaming, sports, call centres, banking, farming, Blue Light Services, health sector, charities, automotive, and care workers, to name just a few.

Additional support provided

Our online webinars last one hour and include a Q&A discussion and signposting to relevant Employee Assistance Programmes. Employees of organisations who have purchased Carecoins will have access to immediate support following the webinar, should they need it.

Book Your Mental Health Training with Red Umbrella Today

 Our mental health training courses are designed to meet the unique needs of your business. Whether you want to focus on specific topics, target particular challenges, or adapt training for different teams, we'll work with you to find a solution that perfectly aligns with your goals.



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