

 **Mind**
Hertfordshire
Network

**Our Training &
Courses**



Hertfordshire Mind Network has extensive experience within the field of mental health training and is recognised as a **leading provider of mental health-related training in Hertfordshire.**

We develop and deliver high quality training services both **online** and **in-person**, to voluntary, statutory and private sector organisations **locally** (and **nationally**) with a focus on mental health and wellbeing.

Training and courses can be adapted to your organisational requirements and high-quality **bespoke courses** and training can be written and delivered for any **organisation, workplace, charity** and **community group**. All of our training courses are written with the **involvement and participation** of staff, volunteers and service users with a **lived experience**.

Whether you wish to better support clients in your organisation or would like to upskill and improve support for your managers, employees, colleagues, volunteers, club members, or friends and champion mental health, we have training that can meet your needs.



“Whether it’s mindfulness for teaching staff, self-compassion for male carers, emotional resilience for rugby referees, mental health awareness in the workplace for estate agents, suicide and crisis training for construction companies or peer support for walking group members, our extensive catalogue of high-quality training can meet your needs.”

Training Topics Catalogue

- 1. Workplace Wellbeing**
- 2. Health & Wellbeing**
- 3. Mental Health Conditions**
- 4. Supporting Others**
- 5. Spot the Signs & Suicide Prevention**
- 6. Peer Support Academy**



[Click here!](#)

Workplace Wellbeing

1.

Building knowledge and skills while promoting awareness and supporting mental health in the workplace.

- Mental Health Awareness & Resilience **(CPD ACCREDITED)**
- Mental Health in the Workplace
- Mental Health in the Workplace for Managers **(CPD ACCREDITED)**
- Mental Health First Aid Training (2 Day Course) **(CPD ACCREDITED)**

2.

Health & Wellbeing

[Click here!](#)

Focusing on emotional wellbeing, self-care, and personal development.

- Anger & Other Emotions
- Assertiveness & Communication Styles
- Boundaries & Managing Endings
- Building Emotional Resilience
- Building Self-Esteem (4 week course)
- From Self-Criticism to Self-Compassion
- Isolation & Loneliness
- Looking After Your Wellbeing
- Mindfulness & Relaxation
- Sleeping Well
- Stress Management & Burnout
- Understanding Anger (4 week course)





[Click here!](#)

Mental Health Conditions

3.

Providing an introductory understanding and practical strategies for supporting yourself and others.

- Autism, ADHD & Neurodiversity
- Eating Disorders
- Grief & Bereavement
- Hoarding & Mental Health
- Managing Anxiety Workshop
- Managing Low Mood & Depression
- Menopause & Mental Health
- Obsessive Compulsive Disorder (OCD)
- Personality Disorders & EUPD
- Psychosis & Schizophrenia
- Self-Harm
- Trauma, PTSD & Trauma Informed Practice **(CPD ACCREDITED)**

4.

Supporting Others

[Click here!](#)

Developing skills to effectively support others and manage mental health crises.

- Motivational Interviewing
- How to Support Others
- Self-Compassion & Compassion Focused Therapy (CFT)
- Supporting an Individual in Crisis





[Click here!](#)

Spot the Signs Suicide Prevention

5.

- Spot the Signs Suicide Prevention

The aim of this training is to introduce the Spot the Signs campaign, raise awareness of suicide and provide practical steps to help attendees feel more confident in recognising and responding to those affected by suicide.

We can provide:

- 3-hour half-day training
- 1 hour introduction training
- GP & Primary Network training
- In-house training

6.

Peer Support Academy

[Click here!](#)

- Foundations of Peer Support (**CPD ACCREDITED**)
- Supporting Others in a Peer Way

Our Peer Support Academy training focuses on using your lived experience of mental ill health to improve your wellbeing and live a fulfilling life.

You will learn how to use your lived experience to support yourself and others. You will also get to reflect on whether you want to embark on using your lived experience to help support others, or to create change in mental health services.





Contact us

For further information about our training:

Call: 02037 273600

Email: training@hertfordshiremind.org

Enquire: www.hertfordshiremindtraining.org

Pricing

We pride ourselves on providing high quality, competitively priced training services.

We also offer discounts on block booking.

Please contact us for a free initial consultation where we can provide further details on pricing.

