



TRAINING FROM ADVOCACY FOCUS

Information for forward thinking organisations

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*I feel excited to make a change in my workplace
and I'm ready to help my colleagues.*



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EXPERT WORKPLACE TRAINING

Quality led training in mental health and advocacy for any industry

WHO ARE WE?

We are a registered charity and have been supporting people across the North of England for over 20 years. We are well-known for being pioneers in providing and developing advocacy services and spearheading mental health and wellbeing initiatives in our community. We are not just accredited trainers, but one of the leading experts in advocacy and mental health.

OUR TRAINING PACKAGES

We know one size does not fit all so we will work with you to identify and meet the training needs of your employees and your organisation, and support you to create positive organisation-wide change in your workplace. We provide bespoke packages on request to ensure you get the most out of your training, and we always follow up. We believe training is a constant journey.

WHY WORK WITH US?

As evidenced by our 'Gold' Award in the Mind Workplace Wellbeing Index and numerous advocacy awards, we have the expertise to support you to champion mental health and wellbeing. It's our bread and butter; we understand people, we support people and we are passionate about helping you do the same.



TRUSTED AND ASSURED



EXPERTS IN MENTAL HEALTH



INTERACTIVE AND ENGAGING



BESPOKE AND TAILORED

OVERVIEW:

We recommend our Mental Health in the Workplace in conjunction with our Adult Mental Health first Aid training if you are just starting out on your mental health journey. This four hour course will provide you with:

- A deeper understanding of why we need to talk about mental health at work;
- The knowledge about stigma, myths and discrimination and how to challenge this;
- The confidence to spot signs of mental ill health and start conversations;
- The knowledge and skills to support and signpost colleagues.

WHY YOU NEED THIS:

Encouraging conversations that educate and break the stigma around mental ill health creates organisation-wide culture change. And with UK businesses losing up to £45 billion each year due to mental health absences*, can you afford to not invest in this training? Our training can support you to:

- Improve productivity;
- Reduce absenteeism and presenteeism;
- Build a happier, more engaged workforce;
- Ensure the appropriate mental health support and initiatives are accessible to yourself, colleagues and the wider organisation.

PRICING

We offer discounts to charities and local community groups. All our courses are bespoke and tailored to your needs. Contact us on the details below for your free quote.

As part of our ongoing commitment to supporting our communities, one free space per course will be allocated to a parent or carer. Please email us to be placed on the community waiting list.



0300 323 0965



Training@advocacyfocus.org.uk



MENTAL HEALTH IN THE WORKPLACE

The aim of our Mental Health in the Workplace training is to equip you with non-biased, evidence-based facts about mental ill health and how this might affect you and your colleagues.

This training will give you the knowledge to challenge and tackle mental health stigma and discrimination and the confidence to support colleagues. You will finish this training ready to champion positive mental health in your workplace. We will focus on the importance of early intervention and practical skills, which will help you move towards a safer working environment.

*according to a recent Mind survey.

OVERVIEW:

Our two day course will provide you with:

- A deeper understanding of mental health and the factors that can affect employees' wellbeing, including your own;
- Practical skills to spot the triggers and signs of mental ill health;
- Confidence to step in, reassure and support a person in distress;
- Enhanced interpersonal skills such as non-judgemental listening;
- Knowledge to help someone recover from mental ill health by guiding them to appropriate support.

WHY YOU NEED THIS:

For every £1 that an organisation invests into improving the mental health of their employees, they see an average return of **£4.20**. Mental Health First Aid Training can also help to:

- Lower absence rates;
- Improve employee engagement;
- Create a caring and supportive environment;
- Support people with mental ill health to return to work;
- Build a positive and productive workforce.

PRICING

We offer discounts to charities and local community groups. Contact us on the details below for your free quote.

As part of our ongoing commitment to supporting our communities, one free space per course will be allocated to a community member (e.g. volunteer, veteran, others). Please email us to be placed on the community waiting list.



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ADULT MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) can help you to support the overall health and happiness of people you support, live with or work with.

Did you know that 1 in 6.8 people experience mental ill health at work? Our MHFA course, accredited by MHFA England, will help you to spot signs of mental ill health and support your employees' wellbeing when at work. This practical skills and awareness course uses a mix of group activities, presentations and discussions split into four manageable chunks over two days.

OVERVIEW:

Be there for the young people in your life with our two day course which will provide you with:

- A deeper understanding of young people and the factors that can affect their mental health;
- Practical skills to spot the triggers and signs of mental ill health in people under the age of 25;
- Confidence to step in, reassure and support a young person in distress;
- Knowledge to help someone recover from mental ill health by guiding them to appropriate support.

WHY YOU NEED THIS:

20% of young people may experience mental ill health in any given year. Statistics also show that more children under the age of 12 are taking anti-depressants than ever before.

- Help a young person take action at the first signs of mental ill health;
- Be part of shaping the next generation's mental health; will they still grow up to be the 1 in 4 adults with mental ill health with appropriate early support?
- Feel more confident to support young people in your care;
- Be the reason someone gets better

PRICING

We offer discounts to charities and local community groups. All our courses are bespoke, tailored to your needs. Contact us on the details below for your free quote.

As part of our ongoing commitment to supporting our communities, one free space per course will be allocated to a parent or carer

Please email us to be placed on the community waiting list.



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YOUTH MENTAL HEALTH FIRST AID

Did you know that for young people aged 5-19, suicide is the most common cause of death?

Key people in a young person's life such as parents, family members, teachers, tutors, carers, youth workers are often able to spot when a young person is struggling, but don't know how to help. Our Youth MHFA course, accredited by MHFA England, will help you to spot signs of mental ill health and support the young people around you. This practical skills and awareness course uses a mix of group activities, presentations and discussions split into four manageable chunks over two days.

OVERVIEW

We can offer keynote speeches or conference workshops on the following topics:

- Championing Menopause at Work
- Championing Mental Health at Work
- The importance of self-advocacy
- Cultural development and employee engagement

WHY YOU NEED THIS:

If you're hosting an event and want to invite sector experts to deliver practical and evidence-based talks or workshops, we are the people for the job.

We have worked with a range of organisations from different sectors to support positive cultural change in the areas of mental health, wellbeing and menopause.

Our talks and workshops are always bespoke and we will work with you to ensure delegates get the most out of your event. We aim to deliver informative and informative talks with clear calls to action.

PRICING

We offer discounts to charities and local community groups. Contact us on the details below for your free quote.



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EXPERT SPEAKERS FOR YOUR EVENT

Do you have an event coming up and are looking for a speaker?

Our team of experts are available to book for keynote speeches and workshops!

With over 20 years of expertise in the health and social care sector, our charity has been a sector leader in not just advocacy but also in our wellbeing work. Having been awarded Gold three times by Mind in their Wellbeing Index, our work in this area is nationally recognised.

We have delivered training to individuals and groups from the following organisations



ADVOCACY FOCUS PODCAST



Launched in 2022 -

Focus AF the podcast from Advocacy Focus

Listen here (click or copy the link) <https://advocacyfocus.org.uk/focusaf/>

Our podcast aims to provide listeners with information on current topics, in an informal conversational format.

Each episode will be dedicated to raising awareness and understanding of mental health and the impact it has in our communities, as well as exploring different areas of advocacy from lived experience and professional lenses.

Mental Health & Wellbeing:

The podcast episodes will focus on mental health and wellbeing in all aspects of life, from the workplace to home life and beyond.



Are you interested in advertising during our podcast? Download our sponsorship booklet by clicking [here](#).

All monies raised through sponsorship fund our vital advocacy services within the North West.

Are you a mental health or advocacy specialist with something to say? Want to be a FocusAF guest? Get in touch with training@advocacyfocus.org.uk with a brief description of your work or topic you'd like to help others learn about.



TESTIMONIALS

“

Great course and instructors.
Good interaction and conducted
in a way which keep everyone
involved and engaged

- Attendee on Mental Health First Aid course

“

Loved the activities and also the
engagement with the trainer who
was very engaging and made the
information easy to understand.

- Attendee on Foundations of Advocacy course

“

The instructors were really great,
they were really clear and also very
friendly - they made it really easy to
feel comfortable and to open up
throughout the course.

- Attendee on Mental Health First Aid course

“

The course was really interactive and
enabled us to express our thoughts and
feelings. John and Carolina were really
helpful and encouraging. I started to course
not knowing much about mental health and
have been able to expand my knowlegde

- Attendee on Mental Health First Aid course



MORE INFORMATION

Call us today for more information about any of our training courses. All our training courses are flexible to your needs. **Discounts are available for charities or local community groups. Discounts also available for group bookings. Contact us via the details below for more information.**



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[Live web chat](#)