Mind Matters
Accredited training and consultancy to support positive mental health for adults and the workplace
Around 1 in 4 adults will experience a mental health issue this year (Time to Change, 2019) which can affect every area of life including work.

With mental ill health as the leading cause of sickness absence in the UK, and 69% of managers reporting receiving no mental health training as part of their role (Institute for Leadership and Management, Mind Culture, 2017) it becomes clear that mental health training and support is vitally needed in the workplace to ensure that staff thrive and businesses prosper.

YMCA Norfolk can provide the internationally recognised and accredited Mental Health First Aid training for your staff as well as working with your organisation to support your policies and procedures around mental health.

YMCA Norfolk will work with you to ensure a bespoke training course is tailored and relevant to your work environment and that the policies and procedures of your organisation are embedded throughout.

“As the trend to focus on well-being and mental health in the workplace becomes an increasing priority it has been positive to invite YMCA Norfolk to become part of our delivery team to be able to offer Mental Health First Aid Training to clients as well as advice on integrating mental health into everyday work practices.”

Rachel Blackburn MBA, Director US2U Consulting Ltd
Mind Matters Price List 2019 - 2020
Valid till July 2020. Please note all prices are excluding VAT.

Adult Mental Health First Aid Training (2 days)
An internationally recognised course, accredited by the Royal Society for Public Health (RSPH), training individuals to become official Mental Health First Aiders for your work place.

The 2 day course provides a broad understanding of mental health issues affecting adults as well as equipping participants with how to identify, understand and help those experiencing a mental health issue.

Ideal for all working professionals including Project Leads, Line Managers, Senior Management or those working with adults.

Qualified trainer / Recognised qualification

1x initial bespoke course (including consultancy work) (max 16 delegates) £2,690
Repeat 2 day course (no further consultancy work) (max 16 delegates) £2,018
1x course (no consultancy work) (max 8 delegates, for smaller organisations) £1,160

Mental Health Awareness (2 hours)
Providing all staff, volunteers and those who work with adults an awareness of mental health issues affecting adults as well as the practical tools for building resilience and promoting good mental health.

Ideal for Continuing Professional Development or initial awareness session

Max 16 delegates / 2 hours / 1 trainer £180

Bespoke mental health training packages available on request.
For more information and to book your training course, please contact us on:
Email: mindmatters@ymcanorfolk.org
Telephone: 07527 937151

Keep up to date with upcoming courses via social media:

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