Mind Jersey mental health training courses

Various dates and times | 02/09/2025 | Various locations

Book now →



Mind Jersey are offering sessions on the following:

Book here

Awareness sessions

1 hour mental health awareness covering:- what is mental health, mental illness, risk factors, signs & symptoms, suicide awareness, support and signposting.

The cost is usually £400,but there is a 25% discount, there is no maximum number, and we will provide certificates of attendance for CPD purposes.

Suicide Awareness

1-2 hour awareness covering stats, stigma, risk factors, signs, starting a conversation, support and signposting.

The cost is £400, but there is a 25% discount, there is no

maximum number, and we will provide certificates of attendance for CPD purposes.

Managers Guide to Mental Health

This can be delivered over half a day or a full day and covers:

All of the above plus the role of the manager supporting mental health, managing absence, creating a positive mental health culture at work, challenges in supporting mental health, supporting bereavement, managing bullying, wellness action plan, supporting self-harm and suicide.

The full day course also includes supporting anxiety, depression, psychosis and eating disorders at work.

The cost for half a day is £1,500 and a full day is £3,000 (25% discount on both of these) and we will provide certificates of attendance for CPD purposes.

In addition, Mind Jersey run accredited First Aid for Mental Health courses and also bespoke training which includes Resilience training, Seasonal Affective Disorder, Managing Boundaries, Managing Low Mood, Anxiety & Stress and anything else you may need.