

Our Courses

Mental Wellbeing First Aid

Our 2 day workshop-style course, delivered in person or virtually, leads to certification as a Mental Wellbeing First Aider in the workplace, valid for three years.

Physical First Aid

We offer a range of first aid courses (from Paediatric to First Aid at Work), all of which are HSE compliant and include defibrillator training. They provide recognised certificates that are valid for up to 3 years.



Course creator and certifying body

"The human cost of failing to address mental health in the workplace is clear. Workplace mental health should be a priority for organisations across the UK."

Paul Farmer
(Chief Executive of MIND)

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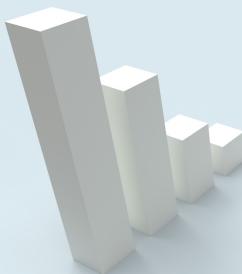


PRIMA VOCA

+ First Call for Physical and Mental Wellbeing

Supporting Businesses with their Duty of Care





**914,000 WORKERS SUFFERING
FROM LONG-STANDING
WORK-RELATED STRESS,
DEPRESSION OR ANXIETY**

**372,000 SUFFERING FROM
A NEW CASE OF STRESS,
DEPRESSION OR ANXIETY**

**17 MILLION WORKING
DAYS LOST DUE TO
WORK-RELATED STRESS,
DEPRESSION OR ANXIETY**

Many companies rightly regard their duty of care to employees as much more than a box-ticking exercise. They strive to create a culture in which good mental health is promoted, and wellbeing strategies form an intrinsic part of the corporate culture. Such openness about mental health helps break down stigma and other obstacles that prevent people from seeking support.



MENTAL WELLBEING FIRST AIDERS

Mental Wellbeing First Aiders are trained to notice possible signs of declining mental health, and have the competence and confidence to approach a colleague to offer valuable support before they hit a crisis point. Such an intervention cannot be underestimated: quite simply, it can be a lifeline.

