A WORKPLACE CULTURE TO BE PROUD OF.

MHFA TRAINING WITH US IN 2021

I have just completed the course to become a Mental Health First Aider run by the wonderful Claire Russell, CEO and Founder of Mental Health in Business Ltd(MHIB). I cannot recommend Claire and this course enough. The course is not shy on covering all the negative subjects surrounding Mental Health which is a vital part in understanding and developing the role as a Mental Health First Aider.

For me, it has taught me to listen; to not be afraid of asking difficult questions; to reach out to others to help them and to hopefully provide hope, support and reassurance to anyone that needs me. I want to be able to demonstrate to my colleagues and family & friends, that I am always there for them. Claire has immense empathy, positivity and support and delivers this course beautifully. I'd recommend this to anyone

Chris Trillwood Dip CII

Head of Claims for the Bennett Christmas Group

I had the absolute pleasure of receiving my MHFA training through Claire. Her professionalism is exempt and her empathy, passion, warmth and knowledge of her subject shone through. The whole cohort were made to feel at ease and through her facilitation she empowered us to really reflect on the role of an MHFA in our workplace. I shall always be grateful to Claire for the learning and confidence she taught me in this important subject. I would absolutely recommend Claire to others, her facilitation in this subject is outstanding and inspirational

Karen Parker

Learning and Development Consultant at Bravo Group UK, Assoc CIPD, CeMAP.

What a fab MHFA course run by Claire. Detailed, engaging and inspiring training giving a full insight into what Mental Health illness is how to spot it and how to help someone experiencing issues.

Claire is very knowledgeable about the subject and teaches in a way in which made the group feel relaxed and open. Highly recommend this for anyone looking for MH training.

THANKYOU Claire & team.

— Sonia Hennigham, First Aid Corporate Training (FACT), April 25th, 2021

I have just completed the Mental Health First Aid (MHFA) training delivered by Claire. There was a lot of content covered over the four days, but enjoyed every minute of it, Claire was very engaging and informative and I found the training to be very impactful, and feel equipped and confident to put it into practice as and when needed.

I'd recommend this course and Claire and her team for any of your individual or organisational mental health in business training requirements.

Thank you Claire and the team at MHIB!

— Satty Rosie Rai

Member Engagement Manager at Northern Housing Consortium, April 23rd, 2021

I recently completed an MHFA course lead by Claire. I couldn't recommend Claire highly enough, the course was incredibly insightful and fantastically lead.

- Dave Tunstall

Senior Ops Associate at hiber

April 22nd, 2021

Having recently attended the Mental Health First Aid training led by Claire, I wanted to share how valuable this experience was and particularly how much value Claire added.

The training delivered by Claire was of such a high standard and so well thought out that I felt I must recommend it to everyone, particularly all leaders within any business at this time

- Brett Sainty

Chief Executive Officer at BLW Insurance Brokers Limited

April 22nd, 2021

Claire was the instructor for my Mental Health First Aid training I completed last week. The training itself was fantastic, very in-depth and insightful, giving a great understanding of the subject. Claire was fantastic, she was able to cover such an emotive subject with clarity, focus and empathy, making everyone feel comfortable with sharing their experiences and thoughts. I would recommend Mental Health In Business and especially the Mental Health First Aid course to anyone. It was facilitated online with a mixture of live sessions, breakout rooms with smaller group collaboration and discussion along with self learning which was a blend of videos, reading and thought processes.

— Juliet Williams, BIBA Area Manager, Feb 3rd, 2021

Having just completed the Mental Health First Aid Course I can highly recommend this. Claire was an excellent trainer and each session was very informative, engaging and thought-provoking. As a business owner I will most certainly be using this additional knowledge in my working and personal life.

— Mark McLaren, Managing Director, Jackson Lee Underwriting, Feb 1st, 2021

Just had Mental Health Training with Claire, It was really good, Claire is a great teacher and even though a tough subject to hear about Claire made it easier to understand. She is very professional and has a calm approach to teaching. I would certainly recommend this course to anyone. Thanks Claire

— Nicci Dedman-Munro, HR Facilities Manager, Ryan's, Feb 3rd, 2021

I recently attended a Mental Health First Aider training course which Claire taught. She has a wealth of knowledge about hard-to-talk about issues, which she delivers with empathy and humour. Highly recommended.

— Pamela Grover-Mitchell, Head of Legal and Compliance, Advent Solutions Management, Feb 7th, 2021

The training Claire provided was 100% brilliant & Educational. After every session, I was truly shocked and surprised with how little I knew about Mental Health. The MHFA course has left me wanting to learn more about the world of Mental Health and how I can help with the skill set Claire taught me. Many Thanks to Claire & the team.

— Paul Smyth, Regional Sales Manager, You Yamaha Motor Finance at Santander Consumer (UK) plc, 17th, 2021

I did Mental Health First Aid training with Claire and highly recommend her training. She was informative, inclusive as well as kind and caring and I would recommend everybody does MHFA training!!

— Chloe Woodhead, HR Manager, Centor Insurance and Risk Management, Feb 9th, 2021

Thank you! Claire provided and presented an excellent training course for mental health first aid training. I feel much more equipped to deal with delicate situations for family, friends and colleagues. A fantastic course, would highly recommend.

— Nicola Brown, Scheduling & Admin Team Leader, GHG Limited, Feb 20th, 2021

It is incredibly important, perhaps more so in recent months, to have an understand of what Mental Health is and how to help someone who is experiencing/living with poor mental. I recently took a Mental Health First Aid course lead by Claire Russell and I have to say this has completely changed my understanding of Mental Health. It has been a fantastic learning experience and given me the tools to Understand, Empathise and Help myself and others both in my working life as an MD and personal life. I thoroughly recommend this course and Claire in leading it.

— Martin Weaver-Parker, Managing Director, Lockyer Insurance, Jan 27th, 2021

WHAT NEXT?

To speak to one of our team about mental health First Aid Training or find out more about what MHFA can do for your business phone 01788340180 or email info@mhib.co.uk

Our Adult online MHFA course is fully licensed by MHFA England (the only provider of licensed Mental Health First Aid Instructor Training in England).

All of our instructors are qualified having completed the MHFA England instructor training programme which is accredited by the Royal Society for Public Health.