

Learning Methods:  Face-to-Face Classroom  In-Company

Course Overview

The **Mental Health Advocate** course empowers individuals to proactively support mental wellbeing in the workplace. This one-day programme builds the confidence and practical skills needed to encourage open conversations, reduce stigma, and promote a positive, supportive culture.

Delivered in partnership with St John Ambulance, the course complements Mental Health First Aid provision by focusing on early intervention and everyday peer support. Learners are equipped to act as visible advocates, helping to create a more resilient and inclusive working environment.

Who is the Course for?

This course is ideal for individuals who want to actively support mental wellbeing in the workplace, including:

- ▶ Employees looking to become wellbeing advocates
- ▶ Line managers and team leaders
- ▶ Organisations aiming to strengthen workplace culture
- ▶ Anyone interested in promoting positive mental health

No prior training is required — just a willingness to support others and contribute to a healthier workplace environment.

Course Key Facts

Duration: 1 Day

Course Content: This practical, discussion-led course focuses on building confidence, communication skills, and awareness of mental health in the workplace.

Topics include:

- ▶ Self-awareness and stress management
- ▶ Active listening and empathetic communication
- ▶ Initiating conversations and supporting others
- ▶ Understanding mental health conditions
- ▶ Promoting wellbeing and reducing stigma
- ▶ Signposting to professional support
- ▶ Delivering workplace wellbeing initiatives

Assessment: Learners are assessed throughout the course via interactive discussions, group work, and scenario-based activities to ensure practical understanding and confidence.

Certification: Upon completion, learners receive a certificate of attendance from St John Ambulance, valid for three years.

Benefits for Employers

- ▶ Strengthen workplace wellbeing culture through visible advocacy.
- ▶ Encourage early intervention and reduce escalation of mental health issues.
- ▶ Support existing Mental Health First Aid initiatives.
- ▶ Improve employee engagement, morale, and retention.
- ▶ Demonstrate a proactive commitment to employee wellbeing.

Benefits for the Learner

- ▶ Build confidence to support colleagues and lead wellbeing conversations.
- ▶ Develop practical communication and active listening skills.
- ▶ Gain a deeper understanding of mental health and workplace wellbeing.
- ▶ Learn how to reduce stigma and promote positive culture.
- ▶ Become a recognised Mental Health Advocate within your organisation.

