



Our Training and Support Services

 **mind**
for better mental health

Lancashire

Everything you need to help you flourish

With over 25 years experience of delivering innovative services to support and improve mental wellbeing across Lancashire, you can be confident our offer will meet your needs.

We are a local charity built on a passion for supporting and improving the mental wellbeing of people in Lancashire.

Each year we work with over 3000 people living in Lancashire as part of our vision Mental Wellbeing for All. We are optimistic that through our work we can revolutionise attitudes, challenge perceptions, alter provision and portray mental health in a positive light.

Here at Lancashire Mind we pride ourselves on supplying a personal service with a tailored delivery. Our experienced trainers and coaches deliver evidence based content presented in an innovative and engaging manner.

All our offerings contain pioneering solution focused contact and as standard we provide thorough evaluation reports to demonstrate impact.

What we offer

Workforce Training

A range of products which promote a thriving workforce and ensure equality for people living with a mental health condition.

Working with children and young people

Training and support packages to suit your needs, from working with senior leadership team to developing a personalised action plan. We can train your workforce to support pupil resilience.

Support Services

Help to develop a toolbox of skills which allow you to regain control of your wellbeing, leading to a healthier and happier life.

Courses for anyone


A schedule of master classes at locations across Lancashire which are open for anyone to attend.

Other services

In addition to the services outlined above we also offer mental health information, corporate partnerships and fundraising please contact us to find out more.

To book contact us:

admin@lancashiremind.org.uk 01257 231550

A photograph of a woman with brown hair, smiling and looking towards the left. She is wearing a purple sleeveless top and a purple wristband. Her hand is on a computer mouse. In the background, another person is partially visible.

**We need to be resilient in work.
The training was a really good
reminder of this and gave
practical tools not just for
me but for others too.**

Member of National Union of Teachers

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Workforce Training: Let's work together

Poor mental health costs UK workplaces
£26 billion each year (Sainsbury Centre for Mental Health).

Building resilience within an organisation leads to fewer absences, accidents, less stress and in turn will increase staff retention, productivity and motivation.

Training for line managers

Line managers play a vital role in promoting mentally healthy workplaces and reducing stigma. With a consistent approach to managing mental wellbeing you can create a workplace where people feel supported and thrive.

Resilience Training

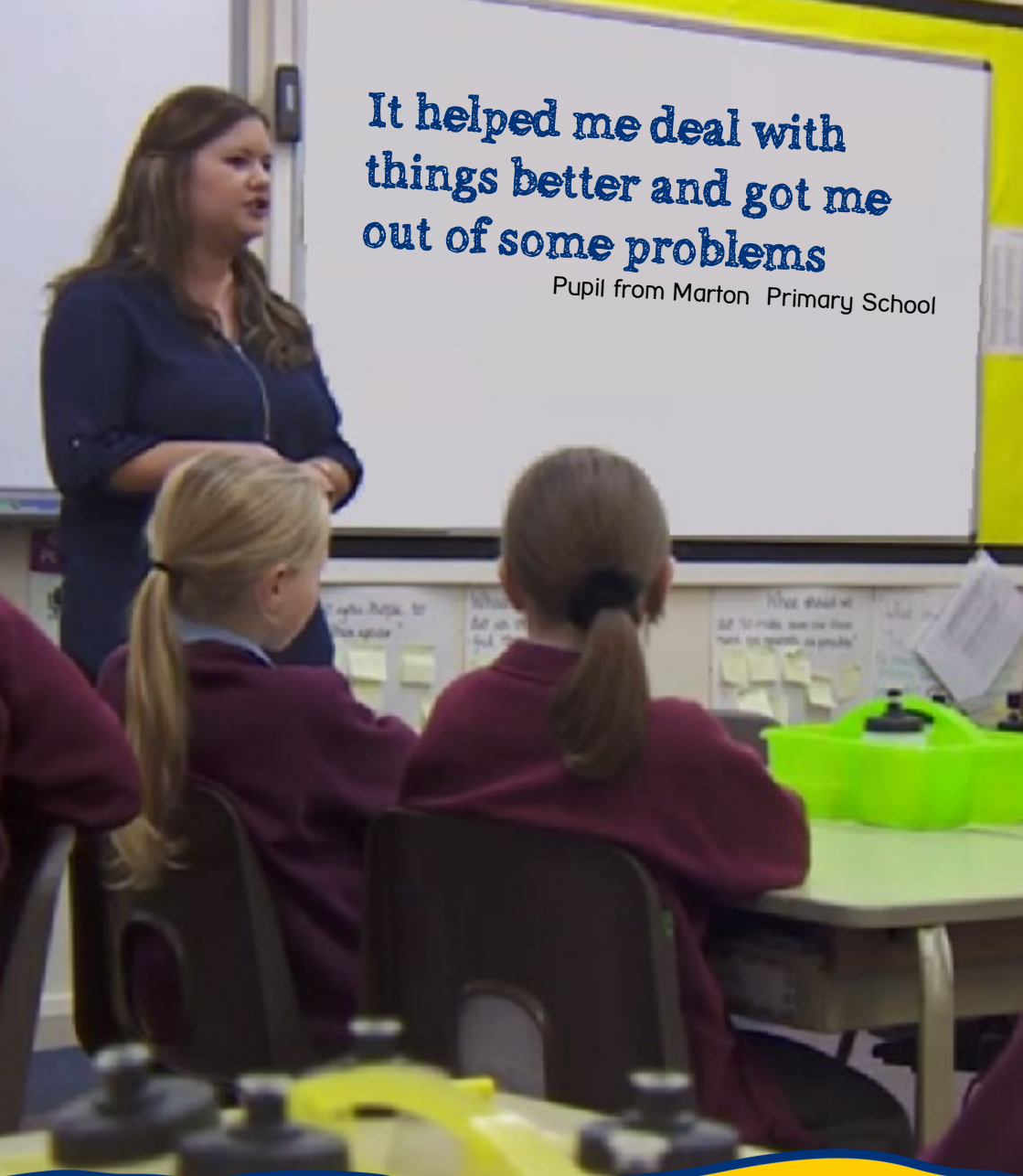
Resilient people are better able to cope with change and bounce forward through tough times. Our range of sessions that embed resilience, from practical skills to action plans, will help your whole workplace flourish.

Mental Health Awareness

With 1 in 4 of us experiencing a mental health condition each year, understanding mental health is everyone's business. We provide packages to suit your needs from general awareness to up skilling staff

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It helped me deal with
things better and got me
out of some problems

Pupil from Marton Primary School

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Registered Address: 80-82 Devonshire Road, Chorley, Lancashire, PR7 2DR
Registered Charity Number: 1081427 Registered Company number: 3888655

Working with children and young people

50% of mental health conditions develop before the age of 14 (Kessler et al, 2005)

In a classroom of 30 young people, 3 will have a diagnosable mental health condition, between 2-3 young people will self harm and many will have a parent or family member with a mental health condition.

Be a beacon school for Mental Wellbeing

A Resilience Think Tank

What does a flourishing school look like? Using an evidence based model, we will work with your senior management team to create a tailored action plan to improve resilience within your school.

Workforce Training

We can provide bespoke training packages for your staff team from mental health awareness to embedding resilience.

Supporting young people

Working directly with the students in your school through group sessions we focus on emotional wellbeing and offer individual support through our wellbeing coaches.

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**They gave me the ability
to tackle my problems
in a different way.**

**Their kind, manner
enabled me to change
my life for the better**

Anon



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Support Services: Help to help yourself

1 in 4 of us will experience a mental health problem each year. (McManus et al, 2009)

We all want to be happy and healthy. Feeling good and functioning well is not set in stone, as much as 40% of our happiness is accounted for by our daily actions and the conscious choices we make.

Wellbeing Coaches

Life should be more than just getting by, everyone should have the opportunity to live a healthy, happy lifestyle. If you or someone you know is struggling, get in contact with us to see how we can help.

Life can be challenging for all of us at times, for those of us living with poor mental health and wellbeing life can be even tougher. We sometimes need support to improve our happiness.

Our Wellbeing coaches can work with you to make different choices to improve your mental health and wellbeing. We can work with you to develop a toolbox of skills and strategies to allow you to regain control over your wellbeing.

Prices start from £29 per session and are available for people aged 10 and over.

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Courses for anyone

The training was well presented with a fantastic facilitator. I really enjoyed the session.

You may be looking to find out more about mental health, or an employer with only one or two employees who require training — our scheduled master classes will suit your needs. Visit our website for dates or contact us to register.

Other Services

Mental health information

Access a wide range of mental health information to support your organisation, including booklets and self help toolkits.

Corporate Partnerships

Organisation can work with us through sponsorships and Charity of the Year arrangements.

Fundraising

Take on a personal challenge or start a fundraising group to raise much needed funds for your local mental health charity.

Visit our website to find out more or contact us to get involved.

www.lancashiremind.org.uk

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Calling all Lancashire Businesses



Join our mentally healthy workforce forum

The forum offer a free opportunity to come together with like minded organisations to share good practice around mental health in the workplace. Whether you have a well established programme for workplace would like t develop one, this is your chance to connect with and learn from organisations. Together we can improve the mental wellbeing of Lancashire's workforce.

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Mental Wellbeing for All

We are more than a mental health charity. We're a passionate movement leading the mental wellbeing revolution in Lancashire. We campaign to make your mental wellbeing a local priority. We help you find the tools you need to stay on track, and when needed, get back on track. We work across Lancashire to shape a generation that won't treat people differently based on their mental health. And we don't stop there. It's big, bold and ambitious. A whole population approach that works for people at every level of mental health. Together, we can achieve it. Let's make Lancashire the beacon county for mental wellbeing.



lancashiremind.org.uk



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[Lancashire-Mind](https://www.linkedin.com/company/Lancashire-Mind)

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