



**WHAT'S
YOURS?**
STATEOFMINDSPORT.ORG



MENTAL HEALTH FIRST AID TRAINING IN THE WORKPLACE

State of Mind Sport is an organisation established in 2011 with the aim of improving the mental health, wellbeing and working life of rugby league players and communities. The aim of the charity is to use the power of sport, in particular Rugby League, to raise awareness of, and promote mental fitness, wellbeing and resilience, tackle stigma and to signpost to and encourage access to timely support to ultimately prevent suicide. SOMS is now branching into the exciting new area of Mental Health First Aid training in the workplace.

In conjunction with MHFA England we can offer you and your employees the opportunity to gain a qualification from the sole provider of licensed Mental Health First Aid Instructor Training in England (accredited by the Royal Society for Public Health). Our training is a key component for creating a safe, healthy workplace where the mental health and physical health of employees are valued equally. It will give you the tools to support your own mental health and that of your colleagues.

Did you know?

The Centre for Mental Health estimates that mental ill health costs UK employers an estimated **£34.9 billion** each year, but simple steps to improve the management of mental health in the workplace will allow employers to save 30% or more of these costs.

MODULES AND AGENDA

DAY ONE

Session 1

- MHFA - Introduction
- About MH- Recovery and stigma
- Depression- What is it, Risk factors, in the WP
- Useful Statistics

Session 2

- Suicide- First aid for suicide crisis
- Substance misuse- What is it and the risk factors
- Sources of help and Information to share

DAY TWO

Session 3

- Anxiety Disorders- What is it, Risk factors, First aid
- Self Harm- What is it and first aid
- Eating Disorders- What is it, risk factors and first aid
- Personality Disorders

Session 4

- Psychosis- What is it, risk factors and first aid
- Building a mentally Healthy Community
- More data and usful information to share

OUR TRAINERS

PHILIP VEIVERS

Phil is originally from Australia and played in over 500 games at the top level of English and Australian rugby league. Teams include St. Helens, Huddersfield and Swinton in the UK and South Sidney RLFC in Australia. He represented Scotland and moved into management when his career finished. He managed in over 300 games as a coach and has won the grand final with Bradford Bulls on two occasions. He also won the challenge cup and was a world champion on two occasions with the Bulls. He also coached at Wigan Warriors and Salford where he ended up suffering from depression from losing his job on two occasions.

Phil has gladly come through the other side and is now a presenter with SOM where he delivers presentations around the country to loads of different organisations. His reason for doing this is to try and stop any body else going through what he went through and also to try to help stop male suicide as he lost a nephew to this. Phil has now qualified as a mental health first aid trainer for SOM.

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IAN SMITH

Ian is a former Super League Rugby League referee, having refereed approximately 300 Super League games over a 12-year professional career. After retiring as an active referee Ian went onto the refereeing coaching staff as well as continuing as a video ref (VR). He was lucky enough to Referee/VR in Australia, New Zealand, South Africa, USA, Russia, France and Lebanon. Ian has been a presenter and ambassador for the State Of Mind Sport Charity since January 2017 and is a qualified Mental Health First Aid Tutor.

"Working for State of Mind Sport and being part of a great team helping towards improving people's mental fitness is fantastic and getting the feedback we do is so very humbling."

DANNY SCULTHORPE

Danny played just under 300 professional rugby league games for Rochdale, Wigan, Castleford, Wakefield, Huddersfield, Bradford and Widnes. Danny played 8 times for England, before a serious spine injury forced him into retirement. Danny suffered from depression quite badly after that and courageously came through the other side. Danny is now a presenter for the STATE OF MIND SPORT charity. He speaks to sports clubs, schools, colleges, universities and workplaces about the importance of looking after your mental health. Danny Has recently qualified to deliver Mental Health First Aid training to organisations on behalf of State of Mind Sport.

"State of mind has helped me with my mental health as it gives me purpose and back being part of a team. I'm happier now than I've ever been!!!!"

JIMMY GITTINS

Jimmy is an ex rugby league player, who in 2002, suffered a horrific injury breaking his neck in 2 places, putting an end to his playing career and changing his life forever. He has spent the years since his injury pushing his body to new limits. He walked out of hospital after 9 hard painful months and has since taken on one challenge after another that most people wouldn't even think they could attempt. Jimmy does all this with a smile on his face. His positive attitude to life and to his own limitations can't help but rub off on those he meets. Before his accident, Jimmy also ran his own very successful construction company with his family. After leaving hospital, knowing he couldn't return to his previous careers, knowing rehabilitation was going to be for the rest of his life, he saw an opportunity, and with his friend and physiotherapist formed a specialist rehabilitation unit, which has gone from strength to strength winning national and regional awards. Jimmy has been a presenter for State of Mind since its infancy in 2012 and has recently qualified as a mental health first aid trainer.

"I'm often amazed at how my life has changed dramatically but yet still provides me with some great opportunities! Getting the chance to work with state of Mind has taught me valuable lessons on how your mental fitness carries the key to a balanced and enriched life."



COSTINGS

Prices for the two day training course to be conducted on your premises:

Group of 11 - 18 people: £250pp

Group of 6 - 10 people: £350pp

If you wish to hold your training session off site then we can arrange this directly with you. We can provide you with a quote for a room and refreshments, plus lunch on both days if required. Sessions can be held throughout the UK.

WHY INVEST IN MHFA TRAINING WITH STATE OF MIND?

On completion of the course participants will leave with a certified qualification from Mental Health First Aid England, the sole provider of licensed Mental Health First Aid Instructor Training in England.

Research and evaluation shows that taking part in this training session:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

At any one time one worker in six will be experiencing depression, anxiety or issues relating to stress. Mental ill health costs UK employers £34.9 billion each year - the equivalent of £1,300 for every employee in the UK workforce. This figure consists of £10.6 billion in sickness absence, £21.2 billion in reduced productivity, and £3.1 billion in replacing staff who leave their jobs for mental health-related reasons. 76% of line managers believe they are responsible for employee wellbeing, but only 22% have received training.

Here at State of Mind Sport we are passionate about putting a stop to this... and embarking on a MHFA training course is the first step. Please contact us today for more information about how we can support your organisation battle one of the greatest health crises of our generation.

To find out more, and get a tailored quote for your business, please contact:

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