

DMWS TRAINING COURSE PRICE LIST & INFORMATION



Course Title	Duration	Price	Materials provided	Offers
Level 3 Diploma in Human Welfare and Management	5 days	£2,500	Elearning/Handouts/Online Modules	10% off 6 or more places booked. 10% off 2 day MHFA if also booked
Adult Mental Health First Aid	2 days	£269.00	Manual/Workbook/Action Card	10% off 4 or more places booked
Adult Mental Health First Aid	1 day	£179.00	Manual/Workbook/Action Card	10% off 4 or more places booked
Adult Mental Health First Aid	1/2 day	£109.00	Manual/Workbook	10% off 4 or more places booked
Armed Forces Mental Health First Aid	2 days	£269.00	Manual/Workbook/Action Card	10% off 4 or more places booked
Youth Mental Health First Aid	2 days	£269.00	Manual/Workbook/Action Card	10% off 4 or more places booked

All of our Diploma & MHFA courses can be booked on our website

www.dmws.org.uk/training-events-calendar

Visit our website to see our latest dates where you can also book & pay online
(please contact us for 10% discount code)

For group bookings at your premises and for bespoke content, please contact us to discuss your requirements. Our tailor-made solutions facilitate a positive change of organisational culture around mental health.

For more information or to book a place please visit www.dmws.org.uk

Tel: 01264 774008/774271 Email: training@dmws.org.uk

LEVEL 3 DIPLOMA IN HUMAN WELFARE AND MANAGEMENT



Accredited by the Institute of Welfare

This fundamental course is for anyone working in the arena of human resources, human welfare, or in any position managing people. It emphasises human communication, professional boundaries, safety, related legal information and intelligent referral for the benefit of a service user. Students will gain an understanding of managing difficult conversations, deescalating conflict, emotional intelligence, and appropriate record keeping. Students will be able to apply the knowledge and tools gained in this course to their day to day positions working with others.

Course Structure and Topics

This course is delivered over a 5-day period with classroom times approx. 0915 to 1700. The day will consist of lectures, discussions and small & large group activities, covering the topics below. Some sessions will be of a sensitive nature.

- Communication
- Law
- Safety
- Professionalism
- Medical/Psychological/Social
- Navigation

There are also online modules available for both the student presentation required and Continuing Professional Development. No additional textbooks are required.

Learning Outcomes and Course Objectives

Upon completion of this course, the student will have accurately been able to demonstrate an understanding of the professional role of a human welfare practitioner through the extrapolation and condensation of discriminate knowledge and tools related to communication and professionalism and concurrently incorporating their comprehension of risk, safety, legal, and medical/psychological/social factors.

Key Course Information	
Course Title	Diploma in Human Welfare and Management
Duration	5 Days & pre req eLearning (MHFA also required)
Cost	£2,500.00
Delivery Location	Andover
Course Times	0915 - 1700

For more information or to book a place please visit www.dmws.org.uk

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Adult Mental Health First Aid - 2 Day



Become a Mental Health First Aider



MHFA England

Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, through their employer, the NHS, or a mix

The MHFA course delivery is split up into 4 manageable sessions. These are:

- What is mental health?
- Suicide & Depression
- Anxiety
- Psychosis

The sessions will be a mix of presentation, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support participants throughout the whole course. Each participant will receive a manual, workbook and action card to take away at the end of the course, and a certificate issued by MHFA England to say that you are a Mental Health First Aider.

We deliver this training at regular intervals at our Andover offices - lunch and refreshments are provided, or we can deliver at client's own premises for group bookings. All DMWS instructors are approved by MHFA England to deliver this training.

Key Course Information	
Course Title	Adult MHFA
Duration	2 Days
Cost	£269.00
Delivery Location	Andover
Course Times	0930 - 1700

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Adult Mental Health First Aid - 1 Day



Become an Adult MHFA Champion



MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

The MHFA course delivery is split in to 2 sessions, including:

- Mental health and stress in the workplace
- Depression/anxiety disorders
- Other mental health issues and early warning signs
- Alcohol, drugs and mental health
- Applying the Mental Health First Aid action plan and recovery
- Building a mentally healthy workplace
- Action planning for using MHFA

The sessions will be a mix of presentation, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support participants throughout the day. Each participant will receive a manual, workbook and action card to take away at the end of the sessions and a certificate issued by MHFA England to say that you are an MHFA Champion.

We deliver this training at regular intervals at our Andover offices - lunch and refreshments are provided, or we can deliver at client's own premises for group bookings. All DMWS instructors are approved by MHFA England to deliver this training.

Key Course Information	
Course Title	Adult MHFA
Duration	1 Day
Cost	£179.00
Delivery Location	Andover
Course Times	0930 - 1700

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Adult Mental Health Aware - Half Day



Become Mental Health Aware



MHFA England

Mental health awareness is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

The Mental Health Awareness course delivery is a 4 hour session, including:

- What is Mental health and factors which affect mental health
- Stigma/stress and stress management
- Spotting signs of distress
- Mental health conditions and recovery
- Take 10 Together – starting a supportive conversation
- Supporting mental health in the workplace

The session will be a mix of presentation, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support participants throughout the session. Each participant will receive a manual and workbook to take away and a certificate issued by MHFA England to say that you are Mental Health Aware.

We deliver this training at regular intervals at our Andover offices - refreshments are provided, or we can deliver at client's own premises for group bookings. All DMWS instructors are approved by MHFA England to deliver this training.

Key Course Information	
Course Title	Adult MH Aware
Duration	Half Day
Cost	£109.00
Delivery Location	Andover
Course Times	1300 - 1700

For more information or to book a place please visit www.dmws.org.uk
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Armed Forces Mental Health First Aid - 2 Day



Become an Armed Forces Mental Health First Aider



Armed Forces Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing for the Armed Forces Community
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, through the MOD, the NHS, support charities, or a mix

The MHFA course delivery is split up into 4 manageable sessions. These are:

- Mental health and the Armed Forces Community
- Suicide & Depression
- Self-harm, Eating disorders and Psychosis
- Anxiety disorders, PTSD and Panic attacks

The sessions will be a mix of presentation, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support participants throughout the whole course. Each participant will receive a manual, workbook and action card to take away at the end of the course, and a certificate issued by MHFA England to say that you are an Armed Forces Mental Health First Aider.

We deliver this training at regular intervals at our Andover offices - lunch and refreshments are provided, or we can deliver at client's own premises for group bookings. All DMWS instructors are approved by MHFA England to deliver this training.

Key Course Information	
Course Title	AF MHFA
Duration	2 Days
Cost	£269.00
Delivery Location	Andover
Course Times	0930 - 1700

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Youth Mental Health First Aid - 2 Day



Become a Youth Mental Health First Aider



MHFA England

Youth Mental Health First Aiders have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate

The MHFA course delivery is split up into 4 manageable sessions. These are:

- Mental health and risk & protective factors for young people
- Depression & Anxiety
- Suicide & Psychosis
- Self-harm & Eating disorders

The sessions will be a mix of presentation, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support participants throughout the whole course. Each participant will receive a manual, workbook and action card to take away at the end of the course, and a certificate issued by MHFA England to say that you are a Youth Mental Health First Aider.

We deliver this training at regular intervals at our Andover offices - lunch and refreshments are provided, or we can deliver at client's own premises for group bookings. All DMWS instructors are approved by MHFA England to deliver this training.

Key Course Information	
Course Title	Youth MHFA
Duration	2 Days
Cost	£269.00
Delivery Location	Andover
Course Times	0930 - 1700

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DMWS Training
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Tel: 01264 774008/774271
Email: training@dmws.org.uk
Website: www.dmws.org.uk/training
Facebook: DMWSTrainingcourses
Twitter: @dmwstraining



Training Portfolio

Diploma in Human Welfare Management

Mental Health First Aid (MHFA) for Adult, Youth and Armed Forces

Bespoke Training and Consultancy including:

Armed Forces Community Awareness Training

Working With Veterans

PTSD

Suicide First Aid

Further courses are being developed for delivery, please contact us to discuss your requirements

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For group bookings at your premises and for bespoke content, please contact us to discuss your requirements. Our tailor-made solutions facilitate a positive change of organisational culture around mental health.

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