

Benefits and Outcomes

Our training courses provides both preventative and interventional strategies around mental health.

Benefits for employers and organisations:

- Reduced sickness absence
- Strengthened organisational resilience
- Improved staff morale
- Optimised employee engagement
- Healthier workplace

Benefits for individuals:

- Widened knowledge and skillset
- Increased confidence in supporting others
- Ability to identify issues early
- Better understanding of how to help and signpost
- Improved personal resilience

Our Clients

Our clients are from a variety of sectors including corporate, local government, defence, healthcare, education, emergency services and the third sector.

Working with



More information and Book Now!

Our training courses can be delivered at clients' own premises or at our training facilities near Andover.

Please contact us if you would like to find out more or to book our training.



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DMWS TRAINING
Information Leaflet

**Experts in Welfare, Resilience
and Mental Health Training**

Learn. Empower. Protect.

Registered Charity 1087210 (England, Wales) and SC045460 (Scotland)
Company Limited by Guarantee No. 04185635 (England, Wales)

What we do

We are experts in the delivery of Welfare, Resilience and Mental Health First Aid Training.

Our Charity DMWS has been delivering a professional welfare services to patients and their families during times of medical crisis since 1943. We have taken our experience and knowledge and turned them into a comprehensive portfolio of wellbeing and welfare training courses.

Our training leads to improved skills and confidence in supporting others when they face difficult situations. The courses are designed not just for people working in the welfare arena but anyone who wants to improve their knowledge and confidence in supporting others.

Training Portfolio

Our Training offer includes a suite of courses:

- Diploma in Welfare Studies
- Mental Health First Aid (MHFA) for Adult, Youth and Armed Forces
- Armed Forces Community Awareness Training
- Applied Suicide Intervention Skills Training (ASIST)
- Bespoke Training and Consultancy



Course Details

Diploma in Welfare Studies - 5 days

Accredited by the Institute of Welfare and designed for working practitioners, the course is the only national qualification in Welfare in the UK. It supports people entering the welfare sector, those needing to offer management assistance to practitioner and provide professional recognition for those who already have experience in welfare support services.

Mental Health First Aid (MHFA)

MHFA teaches skills to recognise signs and support people with mental ill health. We offer various courses targeted at different audiences, including:

- **Adult Mental Health First Aider** - 2 days
- **Adult MHFA Champion** - 1 day
- **Adult MHFA Aware** - 1/2 day
- **Youth Mental Health First Aider** - 2 days
- **Youth MHFA Champion** - 1 day
- **Youth MHFA Aware** - 1/2 day
- **Higher Education MHFA Champion** - 1 day
- **MHFA (Armed Forces Community)** - 2 days

Armed Forces Community Awareness – ½ day

An introduction to the Armed Forces Community and our obligations under the Armed Forces Covenant.

Applied Suicide Intervention Skills - 2 days

Teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.

Bespoke Training and Consultancy

We offer bespoke training that meet the specific needs of our clients. We work with leaders and managers to minimise stress and to develop and sustain resilience at work. Our tailor-made solutions facilitate a positive change of organisational culture around mental health.



Testimonials

“Fantastic teaching and amazing content. I have learned more about behaviour over the last 2 days than I have in my other 43 years.”

“Great instructor – fantastic presentation. Brilliant knowledge of the subject.”

“Fantastic course delivered at an understandable level. Excellent use of exercises to help understand.”

“I very much enjoyed the course, especially the opportunity to meet professionals from other agencies and share experiences.”

“Overall an excellent course very professionally presented and managed. I would recommend to my colleagues as a way to add credibility to our professions and obtain a qualification.”

“I can’t tell you how much this has changed my life and how I deal with people.”