



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



MENTAL HEALTH FIRST AID TRAINING

State of Mind Sport is a charitable organisation established in 2011 with the aim of improving the mental health, wellbeing and working life of sportspeople and sporting 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. We aim to tackle stigma around mental health and to signpost to and encourage access to timely support to ultimately prevent suicide. SOMS has expanded its reach to include public and private sector organisations throughout the UK. In conjunction with MHFA England we employ accredited Instructor members to deliver Mental Health First Aid courses into organisations.

Train your people as Mental Health First Aiders (MHFAiders®) and they will get three years of support and exclusive benefits to help them feel empowered and confident in their role.

Good Mental Health Means Good Work

If your people are struggling your business will struggle too. Research from Deloitte puts the cost of poor mental health to UK employers at £56 billion a year, yet for every £1 spent there was an average £5 return – this is where we can help. By investing in our training, you are investing in your people and your organisation

TWO DAY COURSE MODULES

Over the two days delegates will cover the following areas:

- What is Mental Health First Aid
- The Role of a MHFAider®
- Helpful and unhelpful language
- Active Listening
- Frame of Reference
- Managing Stress
- What influences Mental Health
- What is anxiety
- Panic Attacks
- Traumatic events
- Eating disorders
- Self Harm
- Substance misuse
- Depression
- Suicide and the warning signs
- Psychosis
- Schizophrenia
- Bipolar Disorder
- Boundaries and self care

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 Souths 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 thankfully come through the other side and is now a keen presenter and trainer with State of Mind Sport where he delivers presentations around the country to many different organisations. His reason for doing this is to try and stop anybody else going through what he went through and also to try to help stop male suicide as he lost a nephew to this. Phil is an accredited Instructor Member, approved by MHFA England to deliver Mental Health First Aid Courses

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. Ian is an accredited Instructor Member, approved by MHFA England to deliver Mental Health First Aid Courses

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 is an accredited Instructor Member, approved by MHFA England to deliver Mental Health First Aid Courses.

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 and trainer for State of Mind since its infancy in 2012. Jimmy is an accredited Instructor Member, approved by MHFA England to deliver Mental Health First Aid Courses



Our trainers normally work to deliver the course in pairs. Ian Smith and Jimmy Gittins along with Danny Sculthorpe and Phil Veivers

COSTINGS

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

Minimum Group of 8 people: £250 per person

Plus £30 per person for MHFAider® Learner Bundle provided by MHFA England (Includes course workbook, Digital MHFAider® Manual and 3 years support package included access to the MHFAider Support App®)

Minimum numbers on each course are 8 and the maximum number permitted is 16

WHY INVEST IN MHFA TRAINING, DELIVERED BY STATE OF MIND SPORT, AND ACCREDITED BY MHFA ENGLAND?

MHFAiders® are essential to maintaining employee wellbeing. By training with State of Mind Sport who employ accredited Instructor Members who are approved by MHFA England to deliver the MHFA Course, your people will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone in the workplace by guiding them to appropriate support
- Three years access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®

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.

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

Anne Griffin, Course Administrator – 07810 606009

Email: anne.griffin@stateofmindsport.org

Or visit our website - <https://stateofmindsport.org/contact/>

