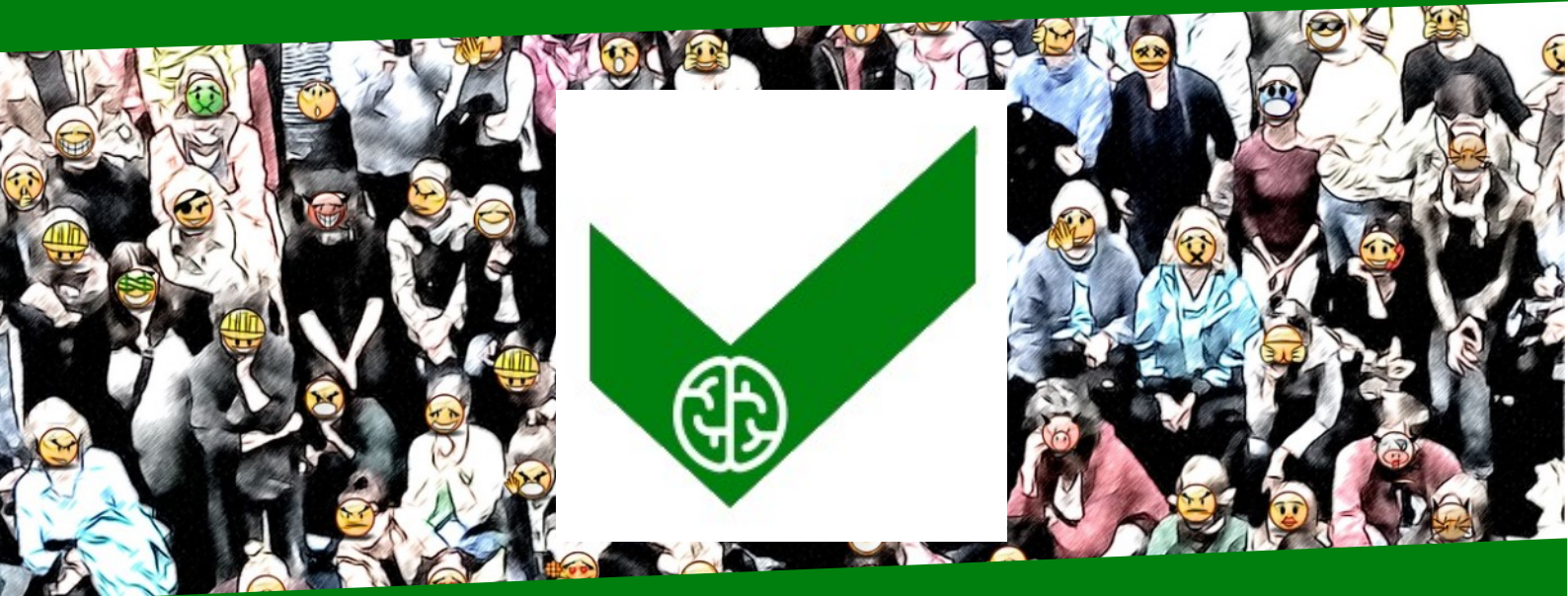


The Mental Health Tick

Celebrating those who make sure mental health is not a ticked box



For employers ~ For organisations ~ For educators

Mental Health Awareness
PROGRAMME

The Mental Health Tick



A recognised accreditation scheme for mental health aware organisations, employers, universities, schools and colleges.

Why the tick?

Here at the Mental Health Awareness Programme, we do not believe in ticking boxes as an effective solution to supporting mental health needs. Instead, we believe it takes a culture and a community to make mental health support effective across an organisation.

We consider (and provide training for) three levels of awareness within an organisation:

Culture

It takes action from the top down to set the values, ethos and culture of the organisation and make it alright to recognise the full spectrum of mental health (from good wellbeing down). One of the biggest factors that help decrease the chances of poor mental health becoming a difficulty is the access to a support network and the right culture helps to support people to talk about their experiences.



Programmes like the National Mental Health Aware Leaders Certification train those who influence the culture and ethos of teams and organisations to reflect on their leadership styles and meet the needs of their staff.

To gain this national accreditation sign of good practice, organisations need to:

- Audit and action plan of mental health and wellbeing across the organisation;
- Emotionally demanding roles risk assessed;
- National Mental Health Aware Leaders certification for key leaders or influencer(s);
- Mental Health First Aiders;
- Mental Health Awareness training available for all staff.

Mental Health Awareness
PROGRAMME

For your personalised quote or more information, please contact our dedicated team on +44 2381 120010 or by email at thetick@rootofit.com.

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Training

For those in crisis, there is an expectation that an organisation has staff trained to assist and signpost to appropriate support services, such as qualified Mental Health First Aiders.

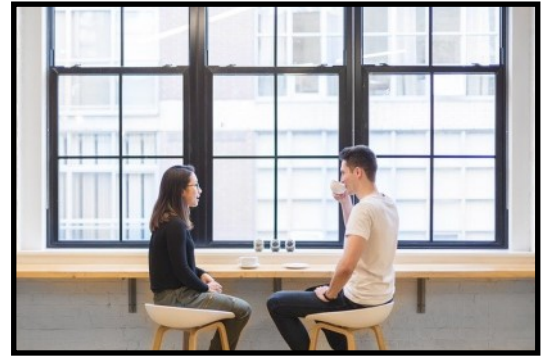
High-emotion roles are risk assessed to ensure that staff are kept safe. Professional Development and training needs in mental health are identified across the organisation.

Awareness

A mentally healthy organisation is one that makes sure that all staff (and volunteers) have access to mental health awareness training.

Organisations should have in place online or in-person learning covering:

- What is Mental Health?
- Factors affecting Mental Health
- Common low-level Mental Health problems
- The impact of Mental Health difficulties
- Ways you can help others' Mental Health



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Specialised versions



Organisations

To gain this national accreditation sign of good practice, organisations need to:

- Audit and action plan of mental health and wellbeing across the organisation;
- Emotionally demanding roles risk assessed;
- National Mental Health Aware Leaders certification for key leaders or influencer(s);
- Mental Health First Aiders;
- Support and signposting available for any service users;
- Mental Health Awareness training available for all staff.

Schools/Colleges

To gain this national accreditation sign of good practice, educational settings need to:

- Audit and action plan of mental health and wellbeing across the organisation;
- Emotionally demanding roles risk assessed;
- National Educational Leaders in Mental Health certification for key leaders or influencer(s);
- Designated Mental Health Lead in place;
- Mental Health First Aiders;
- Support, referral and signposting available for pupils and families (appropriate to setting);
- Mental Health Awareness training available for all staff.

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