

Upskilling your Mental Health First Aiders

If you're looking to build on the Mental Health First Aid capability within your organisation, but don't yet need (or want) to commit to a full 'in-house' course, Red Umbrella's '**Open Courses**' offer a **flexible, cost-effective solution** – allowing you to upskill or refresh your Mental Health First Aiders – ideal if you have just one, two or more staff members in need of MHFAider training, or if you want to phase training in gradually.

Learners joining our Open Courses join others from a wide range of sectors, gaining exposure to different experiences, practical examples, and new approaches. This cross-industry learning enriches the training and builds more confident, well-rounded MHFAiders.

With Red Umbrella, the learning doesn't end when the course does, which is why we are the only mental health training provider who give every learner access to our **free, bespoke 12 month Aftercare** – No apps, no AI – just human to human support should your MHFAiders require support, advice or guidance over any challenges that might arise in their MHFAider roles in real-world situations – it's the bridge between training and practice.

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It's minimal disruption to your operations – Releasing only a handful of staff at a time keeps your business running smoothly – No need to take large teams away from their roles and you only pay for the places you need. A low-risk way to start or expand your wellbeing strategy

The benefits in summary:

Perfect for upskilling small numbers of new and existing Mental Health First Aiders

Ideal for shift-based workforces and geographically dispersed teams

Exposure to diverse perspectives – new insights into mental health challenges

Low administrative burden – No arranging venues, coordinating materials, handling the logistics – simply speak to us and we'll do the rest.

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