

The Healthy Work Company launches new mental health courses with Highfield Qualifications Centre

A step forward for standards in mental health training

London – 26th July , Today, The Healthy Work Company announced that it will be offering a suite of mental health qualifications from Highfield Qualifications Centre with courses booking now for delivery in Autumn. These courses which are developed and delivered in line with Highfield’s stringent standards offer Mental Health Awareness, Mental Health for Managers and First Aid for Mental Health and will be delivered alongside the existing services offered by The Healthy Work Company which include courses from MHFA England as well as their own CPD courses in Fatigue and Resilience and Mental Wellbeing for Directors.

“With mental health training an unregulated area,” said Heather Beach, Founder of the Healthy Work Company. “we think that offering a qualification in this area through one of the UK’s largest exam boards offers a step forward in ensuring quality of both content and delivery. Moreover, we are particularly pleased that a manager qualification is offered – because we believe that training for managers in how to proactively handle stress in their teams is one of the first steps you should take in implementing your mental health training strategy.

Whilst learning outcomes are set, when delivered through The Healthy Work Company, elements of the courses are always tailored to the organisation to correctly represent its mental health strategy and internal signposting. The courses do look at common mental illnesses, but they deliver delegates with knowledge of dealing more generally with mental distress – in themselves or a colleague. Their focus is on positive mental health, resilience and thriving.

For more information contact info@healthy-working.com

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Notes to editors:

Highfield Qualifications is part of the Highfield Group, which is the UK and Middle East’s leading supplier of compliance, apprenticeship and work-based learning qualifications, training materials, e-learning and assessment. The organisation, which has its headquarters in Doncaster, works with some of the biggest names in international business to help develop its staff,

including PepsiCo, Nestle, Marks & Spencer and Superdrug, and each year supports over 2 million learners across the globe to achieve their educational aspirations

The Healthy Work Company provides solutions which drive the wellbeing agenda to enable thriving in the workplace at all levels. The company offers training and strategic support for mental health and wellbeing programmes. Training is tailored to the audience and is interactive, accessible and engaging. The organisation has worked with some of the UK's largest and best known businesses including ITV, The Telegraph, Luton Airport, Eurostar, Nestle and West Midland Trains. They are known for the ability to engage in serious topics whilst still bringing elements of fun.

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