



Approved Training Organisation

Mental Health First Aid Training

Delivered by Registered
Mental Health Nurses

Building resilience;
drilling down to the
foundations of
mental wellbeing



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Construction and mental health

The unseen hazard in construction

- Construction workers are 3 times more likely to die by suicide than the national average.
- Stress, long hours, and high-pressure environments contribute to absenteeism, reduced productivity, and safety risks.
- Investing in mental wellbeing not only enhances staff retention and morale but also reduces costly downtime and accidents.

Proactively addressing mental health isn't just ethical. It's essential for a resilient, productive, and thriving business.



We know that working in construction isn't always like a day at the beach. Which is why, in 2025, Mindmaps Wellbeing are working harder than ever to engage with the construction industry to get mental wellbeing skills up the agenda, with funded training and support.

No cost with the CITB levy

Mindmaps Wellbeing, an Approved Training Organisation (ATO) for CITB, are proud to offer Mental Health First Aid England training courses fully funded through the CITB levy.

This means that construction employers can access high-quality, tailored mental health training for their teams at no cost to their business.

Contact us to find out if you are eligible.

Approved courses

- Mental Health First Aid
- Mental Health First Aid Refresher
- Mental Health Champion
- Mental Health Aware

Why choose Mindmaps Wellbeing?

Expertise in mental health:

Delivered by Registered Mental Health Nurses

Led by experienced Mental Health Nurses, Mindmaps Wellbeing delivers evidence-based training designed to make a tangible difference to employees' mental health and wellbeing. Our trainers bring clinical expertise and hands-on experience, ensuring your team gains practical insights into mental health challenges and effective solutions.

Choosing Mindmaps Wellbeing means gaining access to professionals who have worked directly with individuals facing mental health issues, offering real-world, actionable guidance. This expertise empowers employees to recognise and address mental health concerns while fostering a culture of understanding, resilience, and support.

Investing in us demonstrates your company's commitment to mental wellbeing, aligning with goals of reducing absenteeism, boosting productivity, and creating a healthier, happier workforce. Our trainers' clinical background ensures your team is prepared to meet these challenges with confidence.

Tailored, interactive delivery:

Our training is engaging, interactive, and tailored to the specific needs of your team and adapted to the construction industry

Seamless CITB funding process:

We handle the paperwork, making the process of accessing CITB funding simple and straightforward for your business. We have experience of using the CITB levy and working with construction organisations of all sizes since 2021.

"I truly believe this training has saved an individual from taking their own life."

Health & Safety Director AC Landscapes





MHFA England Mental Health First Aid 2-day course

Certified by MHFA England and approved by Public Health England

You will:

- Gain the knowledge and confidence to provide appropriate support to those around you - at work, home and in the community.
- Recognise the signs of poor mental health in others and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of appropriate help
- Practice active listening and empathy
- Have conversations with improved mental health literacy around language and stigma
- Discuss the MHFAider role in depth, including boundaries and confidentiality
- Practice self-care
- Access to use the MHFA England, MHFAider Support App®

'Enlightening, interesting & very engaging. Tim was very knowledgeable, delivering a great course'

Only with Mindmaps Wellbeing

- ✓ Specialist instructors: Registered Mental Health Nurses and Healthcare Educators, ensuring engaging course content while keeping you in safe hands.
- ✓ A wealth of resources for self-care and ongoing guidance to support you in your role.
- ✓ First attendance to our Quarterly Facilitated MHFAider Forum is FREE– with ongoing priority access with expert support and guidance.
- ✓ Access to our 'Bridging the Gap Service' providing private clinical support when required.





Mental Health First Aid Refresher

MHFA England Mental Health First Aid Refresher 4-hour

Certified by MHFA England and approved by Public Health England.

This is an outline and exclusive fees for IDEX Corporation Group only.

Mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date.

Complete this 4-hour refresher training to maintain your MHFAider qualification, which expires after 3 years. If your certificate has lapsed by more than 6-months, you will need to complete the full mental health first aid course.

- Maintain up-to-date knowledge, awareness, and skills in Mental Health First Aid.
- Refresh their understanding of mental health and the factors that influence it.
- Practice using the Mental Health First Aid action plan effectively.

'This was quite simply the best training I've ever had. It will change the way I think about mental health forever. If I need help, I want someone like Tim in my corner'

As part of the MHFA vision to improve the mental health of the nation, we are now able to accept other Level 3 qualifications from other providers as entry points for this course.

This includes:

- FutureQuals Level 3 Award in Mental Health: Workplace First Aider
- FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)

We recommend those that completed their original training before October 2022 re-take the full two-day course as it was thoroughly updated with more emphasis on supporting people, and less on diagnosis.

Benefits of CITB funded mental health training

Zero-cost:

All training costs are covered by the CITB levy, meaning your business can invest in employee wellbeing without impacting your budget.

Tailored for the construction sector:

Our courses are specifically designed for the unique challenges of the construction industry, including real-world scenarios and case-studies relevant to their roles and responsibilities.

Improve workplace productivity and safety:

Providing mental health training reduces absenteeism and enhances overall performance. A mentally healthy workforce is more productive, more engaged, and less prone to workplace dangers.

Boost employee retention and engagement:

Offering mental health support and training helps create a positive, supportive workplace culture, improving staff retention and morale.

CITB-approved training:

As an ATO, Mindmaps Wellbeing is an officially recognised provider of training. We offer courses that align with CITB's focus on reducing workplace risks, ensuring compliance with health and safety legislation.

Contact us

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