

S | O | U | N | D | C | A | S | T | L | E



# Mental Health First Aid Training

*Delivered by leading community  
arts practitioners that champion  
the power of creativity to support  
positive mental health*

[soundcastle.co.uk/training](https://soundcastle.co.uk/training)



in association with

**NUCO** training



# Why train in mental health first aid?

**Awareness** of the importance of supporting mental health is growing nationally, so there's no better time to:

- Raise awareness of mental health within your organisation and beyond
- Promote wellbeing in your workplace
- Challenge stigma around mental health
- Create a positive and supportive environment for your team
- Understand factors that can impact mental health
- Develop the skills to support the mental health of your communities



Rachael Perrin,  
Soundcastle Co-Director

*"At Soundcastle we advocate for mental health first aid training for everyone. It's not just about crisis moments!  
A mental health aware organisation is better for all - we see teams that are healthier, more productive and better connected."*

# Training options and costs

## Levels 1 & 2

Our training is designed to be modular and flexible. You can start with a half day Mental Health First Aid Awareness training or a one day Mental Health First Aider Training: ideal for freelancers or individual members of a team. We deliver training online, and offer in person sessions in London and East Sussex. Costs start at £100 per person in groups of 16 to 20 people.

For those working with young people we can provide specialist Youth Mental Health First Aid Training.

## Level 3

Following on from a Level 2 qualification you can access the next level that in addition incorporates and explores in-depth topics and mental health conditions in more detail. This 2-day course will train you as a Mental Health First Aid Supervisor, enabling you to support and maintain good MHFA practice in yourself and others.

## Refresher training

We recommend that refresher training is undertaken annually to keep your skills and knowledge up to date. Please contact us to find out more.

*For  
Individuals*

# Training options and costs

*For Organisations*

## Levels 1, 2 & 3

For a more tailored offer for organisations, we can deliver the MHFA qualifications in house for your team. This training is tailored in response to your team's particular mental health & wellbeing needs. Costs start at £1,750 per day for groups of up to 10 trainees and can be scaled as needed for the size of your team. Sessions can be delivered online or in person, at your location, across the UK.

By including senior staff members in the sessions, we can support you to initiate and develop a positive mental health and wellbeing cultural shift within your organisation.

## Additional follow up training & consultation

We can support you as your strategies grow, providing follow up consultation to embed improved mental health and wellbeing practices into your everyday working environment.

We can work with you to develop bespoke strategies and tools:

- Wellness action plans
- Wellbeing strategies
- Mental health and wellbeing policies
- Staff consultations
- Community consultations
- Supervision frameworks



**Assessment** is carried out by one of our friendly trainers at the end of the training. It involves both a practical demonstration of first aid for mental health and a multiple-choice question paper.

**Certification** is awarded upon successful completion of the assessment. Qualifications are valid for three years. The learner will need to complete the full course again to requalify for a further three years.

**Accreditation** is provided by our training partner NUCO Training. NUCO have been training for 25 years and are regulated by Ofqual. Qualifications are recognised by the Regulated Qualifications Framework (RQF) and The Scottish Qualifications Authority (SCQF).

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*“The content was perfectly pitched for the group. I now feel far better prepared to discuss mental health in the future.”*

Carol Hughes  
Training attendee  
2023

**Soundcastle** is an award-winning, women-led charity, delivering innovative community arts programmes across the South East, and training and consultancy across the UK.

We run transformational, embedded music programmes which increase confidence, reduce isolation and enhance wellbeing in communities facing challenges. We support the mental health of people facing social inequality and we use music and singing to support people to be happier and healthier in their everyday lives.

We deliver validated MHFA training courses, inspired by our practice in community spaces and run consultancy in community engagement, youth voice and wellbeing in the workplace.



*“Hannah and Gail were excellent facilitators - they made the day very interactive, and ensured the group felt safe and supported even when covering sensitive topics. Highly recommended.”*

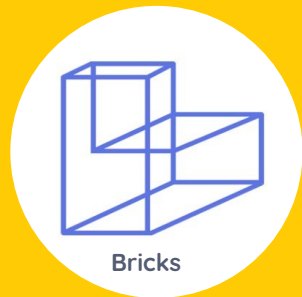
**GUILD  
HALL  
SCHOOL**

## We are:

- Sector leaders promoting wellbeing and mental health awareness
- Practitioners with lived experience of mental health challenges
- Friendly and empathetic trainers
- Advocates for positive change and breaking stigma
- 5 star rated on Google

# Why train with Soundcastle?

Our highly successful MHFA training attracts attendees from across the arts, voluntary, corporate, charity, and education sectors. We have delivered bespoke commissions for leading organisations including:



**We are:** *experts working in community mental health settings, so we can help you to help others.*

**We are:** *artist practitioners: the perfect people to tailor and deliver training for your team.*

# Meet the trainers...

## This is Hannah:



*"I love being a Mental Health First Aid trainer. Every time I train others, I am reminded of the importance of combatting stigma and how by breaking the taboo we can support people to get the help they need. It is such a valuable qualification."*

Hannah Dunster is a Soundcastle Co-Director and leads our Sussex music for mental health recovery programmes. She is a NUCO qualified First Aid Mental Health Trainer and SE Champion of the Culture Health & Wellbeing Alliance. She has a masters in Music Leadership from Guildhall School of Music & Drama and is an EMCC Qualified Coach.

*"It's really important that we're all open about talking about mental health first aid. I find it really helpful for me, because it gives me a framework for how to approach those tricky conversations."*

## Meet Kate:

Kate Golledge is a freelance theatre director and NUCO qualified First Aid Mental Health Trainer. She has a degree in Theatre Directing from the Liverpool Institute for the Performing Arts. She is Head of New Work for the National Youth Music Theatre, and Associate Artist of the Singapore Theatre Company. She is currently working with Disney Music Group to develop a world tour of a brand new entertainment format.





## This is Gail:



*“Just as we’d look after our physical health, we need to look after our mental health and mental health first aid makes sure that we can support people in a way that’s safe for them and safe for us.”*

Gail Macleod is a Soundcastle Co-Director and leads our London music for mental health recovery programmes. She is a NUCO qualified First Aid Mental Health Trainer and our Designated Safeguarding Lead. She has a masters in Music Leadership from Guildhall School of Music & Drama and is an EMCC Qualified Coach.

# Get in touch



*Contact Rachael for a chat,  
we look forward to supporting you  
on your mental health first aid journey*

[training@soundcastle.co.uk](mailto:training@soundcastle.co.uk)

100% of profits from our Mental Health First Aid training are reinvested into our community music and mental health recovery programmes.

Thank you for your support!



*“Extremely well structured  
and led with great resources and  
engaging & interactive content.*

*The course leaders were brilliant  
and extremely caring.*

*Would recommend to all  
organisations working with  
vulnerable groups.”*

Vanessa Cooper  
Training attendee  
2023



Train with us!



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**@SoundcastleTeam**



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