

# *Mental Health* **Friendly Places**

## **Information Pack**



**START A  
CONVERSATION**

# What is a Mental Health Friendly Place?

A Mental Health Friendly Place (MHFP) is an existing public-facing organisation whereby staff and/or volunteers have been upskilled and have received resources and support to have conversations around mental health and wellbeing.

This programme aims to upskill and support the wider community to provide wellbeing and preventative mental health support to help their local people.

This can include fixed or mobile places such as hairdressers, barbers, tattoo parlours, sports clubs, community groups, or any business, organisation or group that comes into contact with the general public.

**Community touch points, such as those listed above, play a vital role in kickstarting the conversation about mental health, by giving the chance for people to open up whilst they're out and about.**



## Why becoming a Mental Health Friendly Place is so important...

125 people die by suicide every week in the UK. 1 in 4 of us will experience a mental health problem in any given year. Yet so many of us don't know where to turn when we need help or somebody to talk to.

### **This is where you can help!**

This programme builds on the relationships you already have and the conversations you're already having. In becoming a Mental Health Friendly Place, you will proudly contribute to the wider suicide prevention offer throughout Leicester, Leicestershire and Rutland (LLR) – highlighting that suicide is everybody's business.

We believe that by talking about our mental health and wellbeing, we can encourage people to reach out and seek support before they reach a point of crisis, ultimately saving lives.

# How will this work?

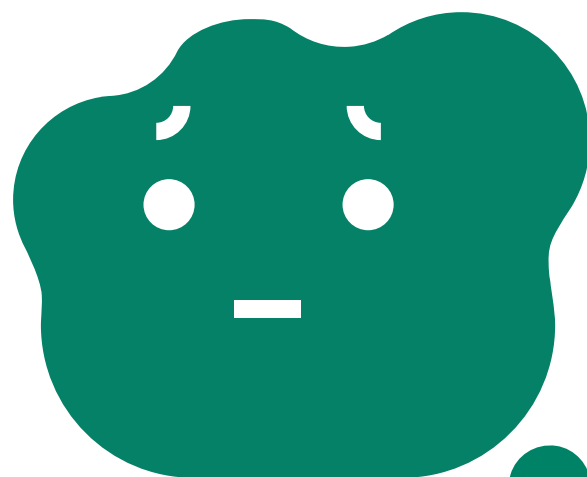
In completing the free training offer and becoming a Mental Health Friendly Place, you will be able to recognise signs and symptoms of poor mental health, ask appropriate questions, listen effectively and signpost to local mental health and wellbeing services.

There are different training opportunities available, which are outlined below. We support organisations to feel confident to start and end conversations around emotional health and wellbeing. To achieve Mental Health Friendly Place status we will discuss your organisations training needs and ensure appropriate training is completed. Our goal is to support you to have these conversations around mental health and to guide people towards appropriate support.

## Training

Training	Learning Outcomes	How it's completed
Start a Conversation suicide prevention eLearning	Raise your awareness of the risk factors, prevalence, impacts and signs of suicide and increase your confidence to have a conversation about suicide	On demand online – 20 minutes
<b>2a)</b> Samaritans Listening Skills	Explore what active listening looks like in practice, develop a range of open questions, react with empathy, ask effective questions and learn how to end conversations sensitively	Live online – 3 hours
<b>2b)</b> Mental Health First Aid Aware	Gain an understanding of what mental health is and how to challenge stigma, gain basic knowledge of common mental health issues, an introduction into looking after your own mental health, and confidence to offer support to someone in distress	Live online – 4 hours
Mental Health First Aid	Recognise signs and provide them with support, practise active listening and empathy, improve mental health literacy around language and stigma, understand boundaries and confidentiality, practice self-care	Online or in person – 2 day course

We massively appreciate you taking the time to do this, so we've selected the training to be short enough for your convenience but long enough to give you a good understanding and the confidence to support others.



## Registering

### Step 1

Register via [website](#)

### Step 2

The MHFP team will get in touch to arrange a call/visit to discuss training requirements.

### Step 3

Onboarding pack will be sent with links to the training, events, catch-up's and your organisation dashboard.

### Step 4

Once training is complete you will be signed off as MHFP and receive the sign off and resource pack.

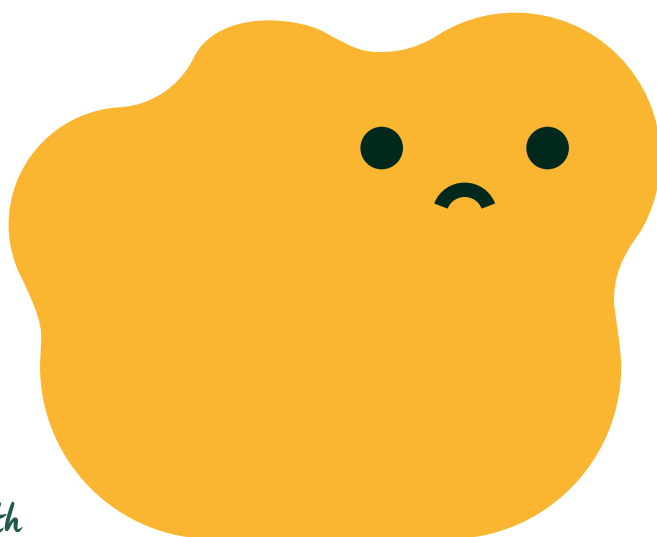
## Mental Health Friendly Places Resources

The MHFP resources will support you to operate as a Mental Health Friendly Place while promoting mental health and wellbeing information for your customers/members/visitors to access. This resource pack includes mental health and wellbeing signposting support, conversation tips and general material to raise awareness of mental health, suicide prevention and the Start a Conversation campaign.

## Support

We want to make sure that you feel supported so feel free to contact the MHFP team. We will be providing check-in sessions to capture the good work you are doing as an organisation! Keep your eyes peeled for MHFP events - you can see this on [Start a Conversation: Mental Health Friendly Places Training and Events](#).

The team will be on hand to support you in any way that we can. Just contact [MHFP@leics.gov.uk](mailto:MHFP@leics.gov.uk) if you're based in Leicestershire or Rutland, or [MHFP@leicester.gov.uk](mailto:MHFP@leicester.gov.uk) if you're based in Leicester.



**If we can all start  
one conversation  
about mental health,  
together we can save  
more lives.**



**To register to become a  
Mental Health Friendly Place...**

[Start a Conversation: Mental Health Friendly Places onboarding](#) will allow you to input the details of your organisation to sign up to the programme.

If you have any questions, please don't hesitate to contact [MHFP@leics.gov.uk](mailto:MHFP@leics.gov.uk) for Leicestershire and Rutland based organisations, or [MHFP@leicester.gov.uk](mailto:MHFP@leicester.gov.uk) for Leicester based organisations.