

### About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Find out about our adult mental health and wellbeing services: [www.family-action.org.uk/what-we-do/adult-mental-health-and-wellbeing](http://www.family-action.org.uk/what-we-do/adult-mental-health-and-wellbeing).

### Service address

Family Action  
Training and Consultancy Services  
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Birmingham B32 3SD

[tandc@family-action.org.uk](mailto:tandc@family-action.org.uk)  
020 3640 2303

# Family Action

## Training and Consultancy Services: Adult Mental Health and Wellbeing

Open workshops, in-house training and bespoke consultancy services focusing on mental health, wellbeing and professional resilience



## In-house Training for Your Organisation

Family Action can deliver a wide range of workshops in-house within your organisation on a day and at a time that suits you and your staff – offering convenience, cost-effectiveness and flexibility.

We can also tailor our workshops to meet the needs of your staff and their continuing professional development. Our most popular workshops include:

### Mindfulness in the Workplace

In this workshop, delegates will gain an awareness of the benefits of mindfulness in the workplace and how to manage stress and anxiety in themselves and others.

### Mental Health First Aid

This two-day accredited workshop looks at how to identify, understand and help a person who may be developing a mental health issue such as anxiety and depression.

### Strengthening Well-being and Professional Resilience

Participants will learn how to recognise signs which could suggest increased stress and pressure at work, and identify strategies to support professional resilience in themselves and others.

We also run a variety of other workshops, focusing on:

- Managing Staff with Family Problems
- Managing Conflict at Work
- Perinatal Mental Health Awareness

Please phone 020 3640 2303 or email [tandc@family-action.org.uk](mailto:tandc@family-action.org.uk) to outline your requirements or to commission training to be run in-house within your organisation.

## Open Workshops

Family Action delivers open workshops across the country. Find out more and book your place:

- Visit: [www.family-action.org.uk/training](http://www.family-action.org.uk/training)
- Phone: 020 3640 2303
- Email: [tandc@family-action.org.uk](mailto:tandc@family-action.org.uk)

## Consultancy Services

Our expert consultants will work with you to:

- review your service and identify the needs of your organisation and of the target participants
- design a training programme, service or intervention to meet your organisation's bespoke aims and objectives
- deliver and evaluate the agreed training, service or intervention.

To discuss your organisation's individual requirements, please phone 020 3640 2303 or email [tandc@family-action.org.uk](mailto:tandc@family-action.org.uk).

**‘Excellent training ... Trainer is brilliant.’ (Agency Decision Makers Workshop)**

