



THE SIX ACADEMY

CREATING A FOUNDATION OF UNDERSTANDING ACROSS THE UK

www.sixmha.org

HEAD OF EDUCATION



DANIEL BIDDLE

As part of Dan's role as our Education Lead, he delivers through a series of training courses, how to identify, understand and help someone who may be experiencing mental health issues.





Six's Mental Health & Addiction Awareness Academy is a dedicated educational platform that provides training, insight, and resources to individuals, professionals, and organisations seeking to understand and respond to mental health and addiction challenges.



The Academy aims to reduce stigma, build capacity, and promote recovery-focused knowledge.

Our vision is to create an informed and compassionate society where mental health and addiction are understood, supported, and addressed through knowledge and inclusion.

Its purpose is to:

-  Equip learners with up-to-date and evidence-based knowledge.
-  Foster empathy and practical support skills.
-  Promote public health and wellbeing.
-  Support professional development across sectors.

CORE OFFERING

Awareness Courses

Accredited Certificates

Webinars

Lived Experience

Workshop/ Trainings

Online Community

Bespoke to Business

Educating Workforces around the UK

GOAL

Increase mental health literacy and reduce stigma.

Improve community and workplace wellbeing.

Support early intervention and recovery.

Empower individuals and strengthen support networks.

Promote equity and access to mental health education.

LEANING
on **OTHERS**
HEALING
TOGETHER

COURSE

4 x in person trainings

4 x Webinars

12 x Monthly Campaigns

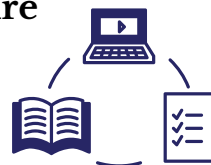
Information Booklets

Online learning video

Bespoke documentation

Pre and post course questionnaire

Extra -
MHFA Training
AFA Training



WHAT WE COVER

MENTAL HEALTH

Resilience

Managing Stress at work

Common MH Issues

Tackling unconscious bias

NEURODIVERSITY

What is Neurodiversity

Person centered approach to ND

Workplace support

SUPPORTING VULNERABLE PEOPLE

What is a Vulnerable Person

A person centred approach

Supporting Vulnerable people in the WP

ACCESSING SUPPORT

Online Learning Video

Understanding of Signposting

How to make Contact

Fellowship Services AA, NA, GA etc

ADDICTION

Lived experience of Addiction

Spotting the Signs

Understanding Substance abuse disorder

TRAUMA INFORMED CARE

Living with Trauma

Understanding Trauma

Supporting Traumatised Individuals

SUICIDE PREVENTION

The Ripple Effect

Changing the Narrative

Warning Signs & Prevention

SUPPORT
SUPPORT
SUPPORT



MENTAL HEALTH FIRST AID



MFHA TRAINING

Elizabeth Mitchell
RMN & Qualified MHFA
Instructor

THE COURSE

- We recommend up to 10 employees at any one time (up to 16)
- 2-day Course, 09:00-17:00 with breaks.
- All materials sent out by Six via MHFA England.
- Online or In-Person.
- Explore all areas of Mental Health.
- Course Certificate.
- Valid for 3 years.

