



THE SIX ACADEMY

CREATING A FOUNDATION OF UNDERSTANDING ACROSS THE UK

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

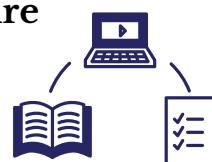
Pre and post course questionnaire



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.

