



MUSIC INDUSTRY MENTAL HEALTH FIRST AID TRAINING AND COACHING

- Understand the unique pressures of working in the music industry and break down the stigma of mental ill health
- Spot the signs and symptoms of mental ill health and provide help
- Empower people affected by mental ill health to access the support they need for recovery



BENEFITS OF MENTAL HEALTH FIRST AID IN THE MUSIC INDUSTRY

Music Industry Coaching exists to amplify your potential and provide access to some of the best coaches in the music business. We understand the music biz can be both an exciting and stimulating experience as well as stressful and anxiety provoking. Depression, suicide and substance abuse are common themes, the highs are high and the lows are low.

As an artist manager or music industry organisation, you can now gain the skills to notice and respond appropriately to someone heading towards or in crisis.

ARTIST MANAGERS

- Understand how to spot mental health issues in your artists and intervene early
- Gain confidence through having mechanisms in place to support your artists
- Understand the appropriate language and approach to use
- Know how best to communicate and support them
- Enable the longevity of your artists' careers and enhance their mental wellbeing and performance

MUSIC INDUSTRY ORGANISATIONS

- Have Mental Health First Aiders available to help colleagues experiencing a mental health issue
- Benefit from increased staff engagement, reduced absenteeism and increased performance
- Decrease the likelihood of discrimination and grievance claims from unhappy staff
- Ensure a healthier workplace with improved staff morale and commitment
- Ensure compliance with legislation by understanding the law and your duty of care

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.



2 DAY MENTAL HEALTH FIRST AID CERTIFICATE

- Learning takes place through a mix of group activities, presentations and discussions
- Delegates gain practical skills to spot the triggers and signs of mental health issues and the confidence to step in, reassure and support a person in distress
- Participants develop enhanced interpersonal skills such as non-judgemental listening and the knowledge to help someone recover their health by guiding them to appropriate support
- All who complete the course receive a certificate as qualified Mental Health First Aiders

COURSE STRUCTURE

+ SESSION 1

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace

+ SESSION 2

- Suicide figures
- Alcohol, drugs and mental health
- First aid for suicidal crisis
- Non-judgemental listening skills
- First aid for depression
- Treatment and resources for depression
- Self-care

+ SESSION 3

- What is an anxiety disorder?
- First aid for anxiety disorders
- Crisis first aid after a traumatic event
- Alcohol, drugs and anxiety disorders
- Treatment and resources for anxiety disorders
- Self-harm
- Cognitive distortions and CBT
- Personality disorders
- Eating disorders

+ SESSION 4

- What is psychosis?
- Risk factors for psychosis
- Alcohol, drugs and psychosis
- Schizophrenia
- Bipolar disorder
- Warning signs of developing psychosis
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis
- Recovery and building resources
- Action planning for using MHFA

TAKE POSITIVE ACTION ON MENTAL HEALTH FOR YOUR ARTISTS AND STAFF

BOOK YOUR COURSE NOW

- In-house training for organisations - up to 16 per two day course
- Regular open courses for individuals or small groups of staff to attend

EXPERT TRAINING DELIVERY

All training is delivered personally by
STEPHEN DALTRY, Founder of Music Industry Coaching

- A qualified MHFA England Instructor accredited by the Royal Society for Public Health (RSPH)
- 30 years' experience in counselling, psychotherapy and coaching
- Has coached high profile artist managers, global performing artists, senior global record label executives, music PR and over 100 organisations globally
- Stephen shares real life case studies and experience to accelerate each delegate's learning



ADDITIONAL TRAINING AND SUPPORT FROM MUSIC INDUSTRY COACHING

- 1:1 mental wellbeing and performance coaching
- Bespoke training, coaching and consultancy to meet your specific need
- 2-3 hour interactive music artist mental health awareness **MASTERCLASS**

Fees for the 2 Day MHFA Certificate Training:

- Regular open courses for individuals or small groups - **£245.00 + VAT per delegate**
- In-house training for organisations - **Flexible fee structure dependant on the number of delegates**

Your fee includes:

- Attendance on the 2 day programme and 16 hours tuition
- Comprehensive 275 page manual to refer to whenever needed
- 35 page workbook with activities and case studies to embed the learning
- Certificate and badge certifying the delegate is a qualified Mental Health First Aider
- On-going support from Music Industry Coaches

CONTACT US NOW TO BOOK YOUR PLACE, OR DISCUSS FURTHER:

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Contact Stephen direct on 07768 98 3030

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