



THE FOUNDATION OF UNDERSTANDING



CREATING SAFE SPACES FOR YOU TO SHARE



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DANIEL BIDDLE

Dan Biddle is the worst injured survivor of the 7/7 terror attacks in London in 2005. As a result of the bombing, he lost both legs, an eye, his spleen and had a whole catalogue of other life threatening injuries.

Dan constantly demonstrates that despite horrendous circumstances, it does not have to be the end.

Having Dan on board at SIX MHA, speaking with those of you going through your own personal issues, knowing what he has gone through himself, is an extremely valuable tool for your recovery.

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.



MHFA 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.

Only £3500, £275 extra per employee outside of the original capacity of 10.



SIX'S TOOL KITS

Educating your workforce



MENTAL HEALTH FIRST AID

Gain understanding of what it is to be a MHFA.
Are MHFA's the right fit for your business.
How to become a MHFA.
Benefits to the business.
What is good mental health.
MHFA Guide Booklet.

ADDICTION

What is Addiction, the types.
Warning Signs.
Having the conversation.
Breaking the stigma, disease not choice.
Six's Solutions.
Addiction Booklet.

DOMESTIC/WORK PLACE ABUSE

Understanding the types of abuse.
Break the stigma, why don't they just leave.
Clare's Law, your rights.
Coercive control in the workplace.
Signposting Booklet.



Line Manager Training



“Dan was amazing (as always) and we had such a great morning. This course is so important, and it really helped to drum home that part of our roles as line managers we need to be reminded that we have duty of care to our team.

Dan always injects so much humour into his courses and makes a very serious subject seem normal if that makes sense.

We have some new starters who hadn't heard Dan's story, and they were amazed at his resilience and loved his outlook.

I can't wait to do more work with Dan and other speakers as I really feel that we are breaking the stigma a bit more each time we do.

Thanks again, have a great weekend.”

NEURODIVERSITY

What is Neurodiversity?

Types of Neurodiversity.

Understanding a person centred approach.

Making reasonable adjustments.

Neurodiversity and the equality act 2010.

RESILIANCE

Building your own personal resilience.

Understanding different levels of resilience.

Breathe, pause, respond.

Your reaction, the difference between help or hinder.

Personal experiences and perspective.

HANDLING TOUGH CONVERSATIONS

Understanding mental health.

Creating a safe environment.

Initiating the conversations & communicating effectively.

Handling reactions, measuring your response.

Creating boundaries & self-care.



Education Calendar 2026

WEBINAR OPTIONS

Mike Caulfield - Suicide Awareness
Josh C - Alcohol after Christmas

CAMPAIGNS

Benefits of Dry January, are there any?
Loneliness & Isolation

DAYS TO NOTE

World Religion Day 18th, Blue Monday
20th, Holocaust Memorial Day 27th

Jan

Feb

WEBINAR OPTIONS

Dan Biddle - Eating Disorders
Susie Smart - Managing Trauma

CAMPAIGNS

Eating Disorders
Time to Talk

DAYS TO NOTE

World Cancer Day 4th, Time To Talk
Day 6th, Rare Disease Day
28th, Eating Disorder Awareness Week

WEBINAR OPTIONS

Bryony G - Addiction Experience
Susie Smart, Safe Spaces for Women

CAMPAIGNS

International Women's Day
Women, Addiction & Society

DAYS TO NOTE

Zero Discrimination Day 1st,
International Women's Day 8th, Young
Carer's Action Day 16th, National No
Smoking Day 12th,

March

WEBINAR OPTIONS

Liz Mitchell, RMN - MHFA
Dan Biddle - Accessibility & Inclusivity

CAMPAIGNS

Deaf Awareness
Accessibility in the Workplace

DAYS TO NOTE

Walking To Work Month, Deaf
Awareness Week 5th-11th, International
Nurses Day 12th, Accessibility
Awareness Day 15th, Dying Matters
Awareness Week

May

April

WEBINAR OPTIONS

Richard Abell - Stress Management
Dan Biddle - Resilience

CAMPAIGNS

Stress Tool Kit
Understanding Resilience, an
Individual Experience

DAYS TO NOTE

Stress Awareness Month, Lesbian
Visibility 26th

June

WEBINAR OPTIONS

Charlie H - Gambling Addiction
Dan Biddle, Line Managers, Supporting
Employees

CAMPAIGNS

Eating Healthy and the benefits
Exploring Learning Disabilities

DAYS TO NOTE

Volunteers Week 2nd-6th, Healthy
Eating Week 9th-13th, Men's Health
Week 9th-15th, Blood Donor Day 14th,
Learning Disability Week 16th-22nd

WEBINAR OPTIONS

Tony A & Bryony G on Alcohol

CAMPAIGNS

The Nurses Opinion MH
Alcohol Awareness

DAYS TO NOTE

Alcohol Awareness Week

July

Aug

WEBINAR OPTIONS

Susie Smart - Holiday's and domestic
Jason M - Substance Abuse

CAMPAIGNS

Summer Care
Instagram life vs Real life

DAYS TO NOTE

Breastfeeding Awareness Week 1st-7th,
Cycle to Work Day 7th

WEBINAR OPTIONS

Mike Caulfield - Suicide Awareness
Charlie H - Gambling and Suicide

CAMPAIGNS

Inclusion in the Workplace
Back to School/Work

DAYS TO NOTE

Urology Awareness Month, Pensions
Awareness Week, Suicide Prevention
Day 10th, Patient Safety Day 17th,
Organ Donation Week 22nd-27th,
National Inclusion Week 29th-5th oct

Sept

Oct

WEBINAR OPTIONS

Dan Biddle - World Mental Health Day
Nicola Crawley - Menopause Awareness

CAMPAIGNS

Smoking the Truth
Menopause a Guide

DAYS TO NOTE

Speak up Month, Stoptober, Sober
October, Cholesterol Month, Black
History, Breast Cancer Awareness,
World Mental Health Day 10th,
Coming Out Day 11th, Menopause
Awareness Day 18th



Don't go to crisis!

Here to help

WEBINAR OPTIONS

Dan Biddle - PTSD & Trauma
Richard Abell - Men's Self Care

CAMPAIGNS

PTSD Awareness
International Men's Day

DAYS TO NOTE

Movember, Stress Awareness Week
4th-8th, Remembrance Sunday 9th,
Armistice Day 11th, Anti-bullying Week
11th-15th, Trans-awareness Week 13th-
19th, National Self-care week 17th-23rd,
International Men's Day 19th, 16 Day's
of Action Against Domestic Violence
25th-10th Dec

Dec

WEBINAR OPTIONS

Dan Biddle - Disability and Inclusion
Josh C - Addiction & children

CAMPAIGNS

Disability Awareness in the Workplace
Managing work & the Holiday Season

DAYS TO NOTE

World Aids Day 1st, Day of People with
Disabilities 3rd

Nov