



Mental Health First Aid Course

Why is Mental Health First Aid important?

- One in five workers report their job to be very or extremely stressful.
- One in six workers are likely to experience anxiety, depression or stress-related problems at any one time.
- Anxiety, stress and depression were responsible for the most UK sick days from 2001-2008.
- Mental illness was estimated to be the cause of more sick days than any other health problem in 2007-2008.
- In 2007/08, an estimated 442,000 people in Britain believed they experienced work-related stress at a level that was making them ill.
- Self-reported work related stress, depression or anxiety accounted for an estimated 13.5m lost working days in Britain in 2007/08.

The financial cost of mental health problems is huge:

- The overall cost of mental health problems in England stands at £105.2 billion a year, (taking into account care costs, sickness absence and unemployment).*
- Stress, anxiety and depression are responsible for 70 million days sick leave every year.*
- In 2003 research by the Sainsbury's Centre for Mental Health showed that staff with mental illness not being supported cost UK businesses a total of £26bn per year – equivalent to £1,035 for every employee in the UK workforce.
- For 2009/10 updated figures estimate that the cost to UK businesses is now £30.3 billion a year – equivalent to £1206 per employee.

...and the personal price that sufferers pay is even higher.

* The Centre for Mental Health (2010)

What is Mental Health First Aid?

The 12 hour Mental Health First Aid course will teach you how to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

Mental Health First Aid training increases the support for those suffering with poor mental health and ensures they are given the best help as quickly as possible. Early intervention can slow down or even stop mental health problems, reducing the distress of the individual, and also gives professional treatments the best chance of leading to full recovery.

All instructors approved to deliver the MHFA course have undergone a seven day training programme (accredited by the Royal Society for Public Health).

For more information on courses please contact: