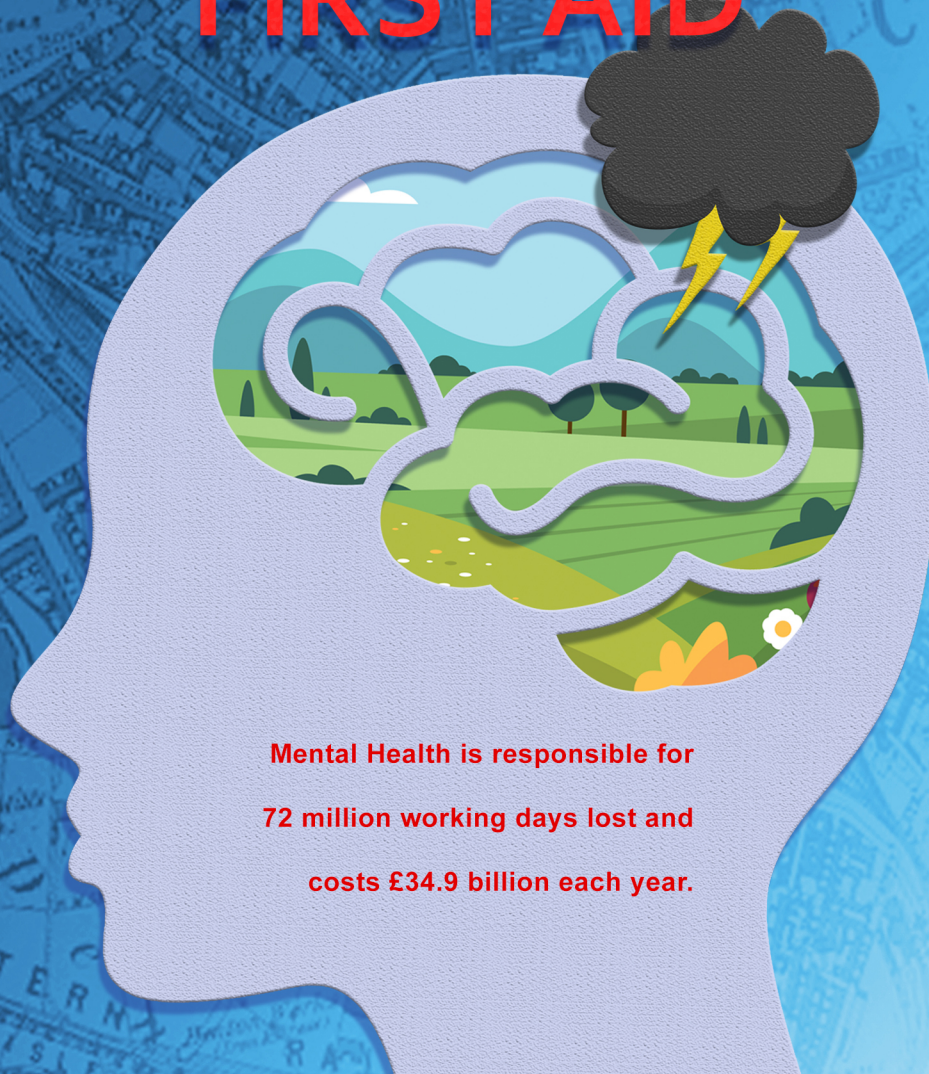


MENTAL HEALTH FIRST AID



**Mental Health is responsible for
72 million working days lost and
costs £34.9 billion each year.**



We are the largest provider of Mental Health First Aid training in Cumbria and with over twenty years of experience supporting businesses to create and sustain healthier workplaces

MENTAL HEALTH FIRST AID COURSES 2022

2 Day Courses:

May 3rd & 4th - Carlisle
June 13th & 14th - Workington
July 18th & 19th - Barrow
September 8th & 9th - Carlisle
October 10th & 11th - Workington
November 8th & 9th - Barrow

1 Day Refresher Courses:

May 16th - Carlisle
June 30th - Workington
July 27th - Barrow
August 26th - Carlisle
September 29th - Workington
October 26th - Barrow
November 18th - Carlisle

WHY MENTAL HEALTH FIRST AID?

- ✓ Preserve life where a person may be at risk of harm to themselves or others.
- ✓ Provide help to prevent the mental health issue from becoming more serious.
- ✓ Promote recovery of good mental health.
- ✓ Provide comfort to a person with a mental health issue.
- ✓ Raise mental health awareness among the local community.

www.cemind.org/training

BECOME A MENTAL HEALTH FIRST AIDER

What is Mental Health First Aid?

Research indicates that one person in four experiences some form of mental health issue in the course of a year.

Mental Health First Aid (MHFA) is the initial help offered to a person developing a mental health issue or in a mental health crisis.

Costs To You

Poor mental health costs UK employers up to £45 billion each year. But for every £1 spent by employers on mental health interventions, they get back £5 in reduced absence, presenteeism, and staff turnover (Deloitte, 2020).

Our Training

Our training is here to support you to manage health and wellbeing proactively, minimise the impact of mental ill health on your business and your people, and promote and maintain healthy workplaces.

Strategy

We'll work alongside you to deliver training that complements and enhances your existing wellbeing strategy, if you have one. If you don't, we'll get you started on that journey and support you along the way.

Support

Each organisation's culture is unique and creating change around mental health is a complex task that requires a multi-tiered approach, which our team of experts is positioned to support.



*Mental Health First Aid England Accredited Training

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