

mhfa 

mental health first aid **mhfa lite**
an introductory mental health awareness course



MHFA Lite - an introductory mental health awareness course

Statistics show that:

“One in four people will experience a mental health problem in the course of a year”.

“...the estimated overall cost (of mental health problems) to UK businesses is now £30.3 billion a year – equivalent to £1206 per employee.”

MHFA Lite is a 3 hour introductory mental health awareness course that will help equip you in this area. The aims and objectives of the course include:

Enabling participants to:

- _ gain a wider understanding, for themselves and others, of some issues surrounding mental health
- _ gain a greater understanding of how and why positive and negative mental health affects business
- _ work more effectively with people experiencing mental health problems

By the end of the course participants will be able to

- _ identify the discrimination surrounding mental health problems
- _ define mental health & some mental health problems
- _ relate to people's experiences
- _ help support people with mental health problems
- _ begin developing a business case for promoting positive mental health in the workplace
- _ look after their own mental health

The course also introduces ALGEE – a unique memory tool for conducting mental health first aid.

The course is delivered by Approved MHFA Instructors who have completed a seven day programme accredited by the **Royal Society for Public Health**. All participants receive a certificate of attendance and manual.

“A good intro to mental health conditions” , “Useful info”
“Really interesting”, “A comprehensive introduction”

For booking, costs and more information please contact:

Suzanne Baxter at suzannebaxter@swindonmind.org, or phone Swindon Mind 01793 432031