



For better
mental health

Mental Health is YOUR Business

Mental Health First Aid Works!



ARE YOU A MINDFUL EMPLOYER?

- * UK businesses lose over £1000 a year for every person they employ because of mental ill health in their workforce
- * Reduced productivity costs business £15.1 billion when people work whilst unwell
- * Costing UK business is £25.9 billion each year
- * 1 in 4 people experience a mental health difficulty
- * Every year 70 million days sickness are taken for mental health problems

MENTAL HEALTH FIRST AID – BOOK YOUR PLACE NOW

The newly nationally acclaimed training in Mental Health First Aid, has been developed by the National Institute for Mental Health in England (NIMHE). Qualified instructors from Rochdale and District Mind will deliver the course over 2 days. MHFA helps managers and staff recognise stresses in the work place and also those external issues which may affect targets and productivity.

MOST IMPORTANTLY MHFA HELPS US ALL TO ENSURE PEOPLE REMAIN HEALTHY IN THEIR WORKPLACE. WHAT WE CAN OFFER: SPRING COURSES 2012

- * Access to accredited and recognised training
 - * High quality training resources
 - Opportunity to network with other organisations
 - A comprehensive 2 day training programme
 - * Dedicated information line and website
 - * Certificate of study and achievement
 - * 16th - 17th February
 - * 22nd – 23rd March
 - * 12th – 13th April
- 9.30 – 4.30 Mind Wellbeing Centre

Please phone Penny Strickett on 01706 752334 or
Email: pennystrickett2@rochdalemind.org.uk

FEE: £150.00 PER DELEGATE.
REDUCTIONS ARE NEGOTIABLE FOR GROUPS OF 10 – 15.

- Mental Health First Aid (MHFA) is exactly what you might think – a first aid approach to mental health.
- Usually taught over two days by qualified instructors, the course is evidence based and has been developed and regulated by the National Institute for Mental Health (NIMHE).

WHAT WILL A MHFA COURSE TEACH YOU?

A MHFA course will teach you:

- To spot the early signs of a mental health problem
- To 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 to the right support
- Reduce the stigma of a mental health problem

COURSE PRICE LIST

Mental Health First Aid

Private Sector	£150:00 pp
Public Sector	£140:00 pp
Third Sector	£ 80:00 pp
Small Community Groups (Under £15000)	£ 50:00 pp
Partner Organisations	£ 50:00 pp

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