

EVERY
EMPLOYER
SHOULD

INVEST

IN STAFF
MENTAL
HEALTH



Health
Promotion
Service

We all have mental health, just as we all have physical health. It is estimated that 1 in 4 people experience mental ill health in any one year.

Mental health issues such as stress, anxiety or depression account for almost **70 million** days off sick per year, costing the UK economy between **£70—£100 billion** per year.



CUT
SICKNESS
ABSENCE

Why is mental health important at work?

There is a lot of evidence to show that having a healthy workplace leads to happier, more engaged and loyal staff. As a mentally healthy, supportive workplace, business costs related to sickness absence may reduce and work performance and productivity improve. The **Centre for Mental Health** has calculated:

“Simple steps to improve the management of mental health in the workplace, ... should enable employers to save 30% or more of these costs -at least £8 billion a year.”

What is Mental Health First Aid?



MHFA England

Mental Health First Aid is an internationally recognised, 2 day, training course, designed to teach people how to spot signs and symptoms of mental ill health and provide help. Embedding **MHFA** within an organisation also encourages people to talk more freely about mental health, reducing stigma and creating a more positive culture.

The course will:

- Give a deeper understanding of the issues that impact and relate to people’s mental health; and
- Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental ill health and feel confident guiding people towards support.

Independent research and evaluation shows that **MHFA** raises awareness and mental health literacy, reduces stigma, boosts knowledge and confidence in dealing with mental health issues and promotes early intervention which enables recovery.



60% of employees say they'd feel more motivated and more likely to recommend their organisation as a good place to work if their employer took action to support mental health and wellbeing.

To Book

For those who live or work in Cornwall we are able to offer this course at a greatly reduced cost of **£25** per delegate.

www.healthpromcornwall.org/training-programme/

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