



**Mental Health  
First Aid Course**

## What is a mental health problem?

Mental health Problems cover a wide range of issues - including stress, anxiety depression and substance abuse - that affect someone's ability to get on with their daily life. The most common mental disorder in Britain is mixed anxiety and depression, with almost 9% of people meeting the criteria for diagnosis\*.

\*Office for National Statistics Psychiatric Morbidity report (2001)

## Why Mental health Problems affect us all

Early intervention can help slow down or stop a mental health problem and lead to faster recovery. However most of us know little about mental health. We often don't spot the signs that someone else - or ourselves - is struggling until very late. An MHFA course will teach you to recognise the early signs of a mental health problem, and give you the confidence and knowledge to help.

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.

\* The Centre for Mental Health (2010)

## What will I learn on an MHFA course?

An MHFA course will teach you 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

MHFA training is an intensive course, delivered over 2 days, aimed at those without specialist mental health training.

*'I have a much better understanding of how other people may be feeling.'*  
*'Given me confidence and more empathy towards mental health issues.'*  
*'In 13 years as a police officer I didn't learn as much as I did in the last 2 days.'*

**For more information please contact:**