



ENGLAND
Mental Health First Aid

Regulated and accredited by

**National Institute for
Mental Health in England**

MENTAL HEALTH IS YOUR BUSINESS!

UK businesses are losing over **£1000** a year for every person they employ because of mental ill health in their workforces.

The total cost to businesses UK wide is **£25.9 billion** a year.

Employees are taking **70 million** days sick leave a year because of mental health problems such as stress, anxiety and depression.

£15.1 billion of this total cost is from reduced productivity in people who continue to work while unwell.

What is ‘mental health first aid’?

Mental health first aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

The aims of MHFA are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent a mental health problem developing into a more serious state
- to raise awareness of mental health issues in the community
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem
- to reduce stigma and discrimination

For more information on courses and
instructors please visit

www.mhfaengland.org.uk