

Supporting the mental health of our workforce has never been more important and Mental Health First Aid (MHFA) training is a great way to start.

Status Employment has supported workplace wellbeing and promoted inclusivity for over 30 years. We are passionate about employment, health and wellbeing for a better future. We are experts by experience and well placed to deliver an exceptional MHFA training experience.

Workplace mental health is a growing issue for employers, especially since the Covid-19 pandemic:

- 70 million days are lost each year to mental ill-health in the UK, costing employers up to £45 billion per year
- 1 in 6 workers experience mental health problems like anxiety and depression
- it's the no 1 reason for absence from work and presenteeism
- work is the biggest cause of stress in our lives (more so than relationships, finances etc)

Courses available:

Mental Health Awareness Course (half day): £125pp*

Mental Health Champion Course (1 day): £200pp*

Mental Health First Aid Course (2 day) & detailed below: £300pp*

*this can be negotiable based on certain factors



Your trainer Emily Crispin






THE WHAT

The 2 Day Mental Health First Aid course:

- is a comprehensive understanding of mental health; specific illnesses and signs to look for, up to date language and lots of resources to support them upon completion
- creates and empowers mental health first aiders to deliver appropriate initial support before professional medical treatment is available
- equips attendees with better coping tools for themselves and when supporting friends, family, colleagues and the public
- helps people recognise poor mental health and have difficult conversations honestly and comfortably; employees are supported earlier before sick leave is taken

THE WHY

You get to be part of the solution, not the problem. MHFA can greatly contribute to a healthy workplace that enables you to:

-  Retain staff and have less absence or presenteeism
-  Increase profit and give you a measurable ROI
-  Connect your people and improve culture
-  Enhance your employer brand
-  Mitigate risk

And most importantly:

It just makes sense and it's the right thing to do

THE HOW

The 2 Day Mental Health First Aid course:

- can be delivered over 2 full days or 4 days half days
- is currently delivered online on zoom
- can be provided face to face from November 2022, when we can visit your workplace/ you can come to our training centre
- we can provide training for up to groups of 12 online and 16 face to face
- is relevant for all levels
- we value this course at £300pp*

*this can be discounted for large numbers



Employment Health & Wellbeing for a better future

www.statusemployment.org.uk

We can work with you to create a sustained organisational approach towards improving mental health and integrating wellbeing into your culture.

We'd love to tell you more: emily.crispin@slam.nhs.uk