

## MHFA Lite - an introductory mental health awareness course

Statistics show that:

*"One in four people will experience a mental health problem in the course of a year".*

*"...the estimated overall cost (of mental health problems) to UK businesses is now £30.3 billion a year – equivalent to £1206 per employee."*

MHFA Lite is a 3 hour introductory mental health awareness course that will help equip you in this area. It will teach you:

- \_ What mental health is and about common mental health problems
- \_ Supporting others and yourself when in distress

The course is delivered by Approved MHFA Instructors who have completed a seven day programme accredited by the Royal Society for Public Health.

For booking, costs and more information please contact: