



COMMUNITY INTEREST COMPANY



£30.3 billion
a year

the estimated overall cost (of mental health problems) to UK businesses (equivalent to £1206 per employee)

1 in 4 people

experience a mental health problem in the course of a year

SOWING POSITIVE MENTAL HEALTH

MHFA Lite is a half-day, three-hour, introductory mental health awareness course through which you will learn:

- What are mental health and wellbeing and mental ill-health
- What are common mental health problems for younger and older people
- How best to support others and yourself when in distress

The course is delivered by Approved MHFA trainers who have completed instructor programmes accredited by the Royal Society for Public Health.

For booking, costs and more information please contact

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ksl.uk.net/training/mhfa-lite