

Mental Health First Aid Training Courses

maze8 in partnership with Northern Powerhouse Consulting are now providing:

'Mental Health First Aid (MHFA)', an internationally recognised 2 day training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

What is the impact of mental illness in the workplace?

Depression, stress, and anxiety are the largest causes of sickness absence for our country's workforce. Mental illness costs UK businesses around £35 billion every year.

What is Mental Health First Aid?

Mental health first aid training courses give responsible employers an opportunity to address the key issue of ignorance about mental health in the workplace. Those that choose to do so are likely to improve the workplace for staff and have a positive impact on business profitability.

Why does an employer's duty of care include staff mental health?

Employers have a legal duty of care to ensure that employees are provided with a safe working environment and must take reasonable care to prevent personal injury (including mental or physical harm) that may arise in the workplace.

What are the business consequences of ignoring mental health in the workplace?

When left uninformed, managers and co-workers may unwittingly exhibit stigmatising behaviours, which can be detrimental to a person experiencing a mental health issue. Furthermore, by failing to respond appropriately to an employee with a mental health issue, an organisation may open itself to a claim for compensation. This could be lengthy, expensive, and take precious time away from managers and staff.

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