



Provide First Aid for the Mind

Want to take a proactive approach to dealing with mental health issues in the workplace? Want your staff to know how to identify the common symptoms and learn how to act upon them? Want to drive up engagement and reduce costly sickness absence?

Mental ill health is the third biggest cause of absence in the workplace. In 2017/8, 15.4 million work days were lost due to work-related stress, depression, or anxiety. That's 44% of all work-related ill health cases and nearly 60% of all working days lost!

Mental health first aid (MHFA) is the mental health equivalent of a physical first aid course. Today, businesses across a range of sectors are training their staff in MHFA, raising awareness of mental health in the workplace, reducing stress and slashing absence rates. That all flows through to the bottom line.

In fact, MPs from across the five largest parties are in support of the motion to put mental and physical first aid on an equal footing in the workplace. They clearly recognise the importance of making mental health first aid a legal requirement.

Become a certified mental health first aider

Sixth Sense offers a two day MHFA workshop. Every employee who completes the course will become a qualified mental health first aider. The training is fully certified and follows the internationally recognised Mental Health First Aid England (Adult) course.

On this two-day course, you will learn how to:

- Identify the early stages of common mental health problems
- Provide practical help with a mental health issue
- Reduce the risk of self-harming
- Stop mental ill health from worsening
- Support quicker recovery
- Guide towards the right sort of professional help
- Break the stigma of mental health problems

Everyone who attends the course will be provided with complimentary resources, including a mental health first aid manual containing a wealth of information, a workbook, and a 'Z card' that can be used to identify mental health first aiders in the workplace.

Business benefits can include:

- Cutting sickness absence
- Reducing "presenteeism" and increasing productivity
- Demonstrating a commitment to corporate social responsibility
- Decreasing the likelihood of grievance and discrimination claims from unhappy staff
- Ensuring compliance with legislation
- Supporting a healthier workplace
- Improving staff morale
- Increasing engagement and commitment among staff
- Providing better customer service

Still not sure this is for you?

Call us on **0800 048 8615** or email us at **info@sane.works** and we can tell you more. We are convinced this this one of the best investments you could make this year.



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