

Mental Health First Aid

A 'People Management' poll has identified an increase in working days lost due to mental health issues and 40% of respondents believe that the overall level of employee mental wellbeing has worsened over the last two years.

With an estimated 1 in 4 people in the UK experiencing a mental health problem in any given year, employers are encouraged to take a proactive approach by being alert to early signs of mental ill health, thereby supporting employee wellbeing as well as business performance.

The reasons for mental health problems are very individual and are unlikely to be caused by work alone; however, a working environment which encourages an open discussion around the subject can strongly support recovery and help signpost employees to the appropriate professional help.

Scottish Mental Health First Aid (SMHFA) is an NHS and Scottish Government supported training scheme which stemmed originally from an idea of having a mental health equivalent of physical first aid and to date, over 40,000 people in Scotland have undertaken the training.

The course is ideal for existing physical first aiders or managers/HR professionals wishing to develop their awareness of mental health issues. The course is very practical and interactive with an emphasis on skills practice.

Further details are available from Elaine Masson on e.masson@empirehr.com