

## Why are Mental Health First Aid (MHFA) courses in companies important?

In Germany, nine out of ten employees feel stressed at work. Each year 1 in 4 adults will suffer from mental health problems. Thereby, companies have a special responsibility towards their employees. MHFA Ersthelfer offers mental health first aid courses for companies in which employees learn important knowledge and skills to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or are in a mental health crisis, until appropriate professional help is received or the crises resolves.

The MHFA courses have been jointly developed from mental health professionals and persons with lived experience of mental health problems. They cover a variety of mental health problems and crises.

Find out about our offer of first-aid courses!

## **MHFA** **ERSTHELFER** Kurse für psychische Gesundheit

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In cooperation with:



## HELPING COMPETENTLY IN CRISES AND WITH MENTAL HEALTH PROBLEMS

**Be responsible**

MHFA courses for your employees

## What is Mental Health First Aid?

MHFA is a global innovative program based on the guiding principle of physical first aid which has been transferred to mental health. The program was founded in Australia in 2000 and is now practiced and taught in 24 countries.

Since then it has been scientifically evaluated on a regular basis. The program has won many international awards in Australia, England and the USA.

## Be responsible

During MHFA courses, employees learn to recognize and address mental health problems of colleagues in time. They acquire basic knowledge about various mental health problems, which they can use to provide support and information to those affected. An important aspect of the course is to learn how to encourage others to seek professional help and to activate their resources.

## Human resources development with impact

Employees trained in MHFA are able to provide appropriate assistance and make a valuable contribution to the company and society as a whole.

The course can either be held in two 6-hours sessions or in four blocks of 3 hours each. After completing the MHFA course, graduates can take an online test to become a certified MHFA first aider.

## Strengthening employer branding

The MHFA program is a reflection of a corporate culture in terms of sustainability and social responsibility (CSR). It enhances the reputation of a company that is aware of its individual and social responsibility, both internally and externally.

**More than 40% of people suffer from a mental illness at least once in their lifetime.**

**Your company can help with early detection and get mental health first aiders trained!**



### Licensed

MHFA Ersthelfer is the licensed provider for the MHFA courses in Germany.



### Evidence based

MHFA is based on scientific evidence. The results have repeatedly been proven in studies.



### Worldwide movement

Over four million people in 24 countries worldwide have been trained in MHFA.



### Non-profit-program

Income from our classes is used exclusively for the organization, the implementation of the courses and the further development of MHFA.

**For further information you can visit our website or contact us by mail.**