

Could you be a Mental Health First Aider?

Each year approximately **1 in 4** people in the UK will experience a mental health condition.*

Mental health support should be an ongoing focus for every workplace.

You could learn practical skills to support your colleagues with their mental wellbeing and help someone take the first steps to feel better.

Empower yourself with Mental Health First Aid skills.

Interested?

Learn more
stjohn.wales/mhfa

Sign up today:

Name:	<input type="text"/>	Email:	<input type="text"/>
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*McManus, S., Meltzer, H., Brugha, T. S., Bebbington, P. E., & Jenkins, R. (2009). Adult psychiatric morbidity in England, 2007: results of a household survey. The NHS Information Centre for health and social care.



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