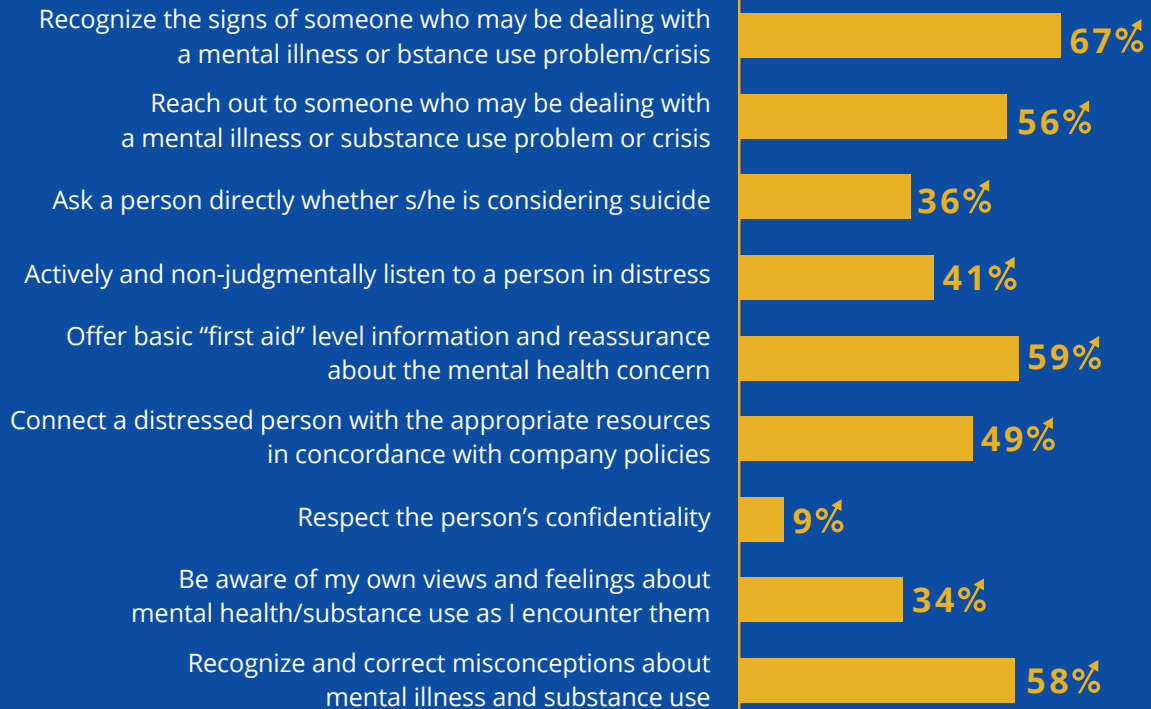


# Mental Health First Aid Makes a Difference

After training in Mental Health First Aid at Work, people have increased skills and confidence



4-HOUR  
TRAINING



And **100% of those trained** would recommend Mental Health First Aid to others.