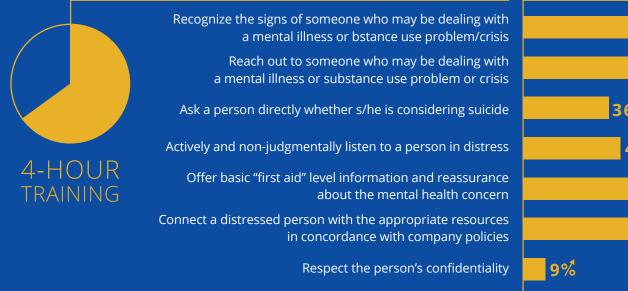


## Mental Health First Aid Makes a Difference

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



67% 56% 36% 41% 59% 49% 34% 58%

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

mental illness and substance use

Be aware of my own views and feelings about

Recognize and correct misconceptions about

mental health/substance use as I encounter them