

Be responsible
MHFA Ersthelfer
Courses for your
employees

HELPING COMPETENTLY

in crises and with mental health problems



What is Mental Health First Aid?

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 more than 40 countries. Since then, it has been scientifically evaluated on a regular basis. The program has won many international awards in Australia, Germany, England and the USA.

Evidence based



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

Licensed



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

Worldwide movement



In over 50 countries, more than eight million people 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 Ersthelfer.

Why MHFA Ersthelfer Courses in companies?

In Germany, nine out of ten employees feel stressed at work. Each year one in four 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 crisis resolves. Our 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.

Request a quote today:



mail@dr-laura-hainke.com

Be responsible

During MHFA Ersthelfer 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.

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.

Almost 30% of the adult German population
suffer from a mental disorder within a year

As a certified MHFA instructor and psychologist, I recognize the vital role of mental health in the workplace. Employees with good mental health are **happier** at work, more **productive**, and take fewer sick days. Employers who actively promote mental health attract the **best talent**. 🙌

Since MHFA first aid courses promote mental health and appreciation among employees, they are a **win-win** for employers and employees alike. 🏆 Adequate, early intervention prevents problems and absences.

The course takes 4 x 3 hours. I offer in-house corporate courses in **English** or **German**, at a location of your choice. The flat fee for up to 20 employees per course includes manuals and certificates. Request a **quote** here: mail@dr-laura-hainke.com ✉️



Dr. Laura Hainke
MHFA Instructor

in Zusammenarbeit mit
✚ MHFA
ERSTHELFER
Kurse für psychische Gesundheit





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Kurse für psychische Gesundheit

MHFA Ersthelfer
Zentralinstitut für Seelische Gesundheit
J5, 68159 Mannheim
info@mhfa-ersthelfer.de
www.mhfa-ersthelfer.de

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