

# When an Elastoplast just won't do

Understanding and helping someone who may be experiencing a mental health issue.

Hosted by  
**Lex Lovell**

fresh perspective



# Hello,

My name is Lex Lovell and I am a Mind Coach and registered MHFA England trainer. MHFA England is the only provider of licensed Mental Health First Aid Instructor Training in England. In simple terms, you are buying into training programmes which have been running for over ten years and are part of a global programme run in 25 countries.

Over the last 6 years, I have engaged with both private clients and the corporate sector in delivering everything from one to one sessions to group training using a variety of techniques to deliver sustainable and measurable results.

The UK economy loses £105 billion a year to mental health problems but...

ssssshh-  
hhh,

don't tell anyone because nobody wants to talk about mental health, right?

**There were 5,668  
suicides in GB in 2016**

**1,720 people died in a  
road traffic accident  
in 2016/17**

Although not everybody who suffers from poor mental health reaches this point, anyone that suffers from an illness is at a much higher risk. It doesn't take much to reduce this risk, in fact, just a few small changes in the workplace can make a huge difference.

The training can be delivered in-house or in a neutral location if required and consists of a mixture of lecture, discussion and delegate participation exercises.

The course can normally be tailored to suit the client and the required outcome.

**Half Day**

typically aimed at general awareness across all staff

**One Day**

slightly more structured and aimed at all staff

**One Day Managers**

a great opportunity to upskill your senior team

**Two Day Full Package**

Certified Mental Health First Aider

**Other modules available include:**

- Resilience
- Motivation
- Confidence Building
- One to one coaching
- Tailored Subjects specific to your industry or workplace

We make a promise on delivering informative and engaging course material and pride ourselves on following through.

**“Good teacher, good group, really enjoyed it”**

**“Course was delivered brilliantly, very informative”**

**“Really enjoyed the course, Lex was a great tutor and made it more enjoyable”**

**“This is the best 2 day course I have ever attended”**

**If this sounds perfect  
for you, get in touch.**

## **Contact Us**

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**MHFA England**