

Mental health problems at work cost UK economy  
£34.9bn last year, says  
Centre for Mental Health.



This means that mental health problems will be costing  
your Organisation £1,300 for every employee you have.

The largest part of the business cost, is in the form of  
reduced productivity, among people who are at work  
but unwell: or 'presenteeism'.

This costs businesses twice as much as sickness  
absence relating to poor mental health. The remainder  
of the cost relates to turnover – people leaving their  
jobs as a result of poor mental health.



Understanding mental health is the first step in improving one's mental health and  
**Our new online course**  
***An Introduction to Mental Health***  
will do this for you.

[Click for full details of our Introduction to Mental Health course](#)

[Click for a FREE TRIAL](#)

Hub-4 has worked with Ann McCracken, an award winning author on mental health, to produce a short (20 minute), online Introduction to Mental Health.



[Click here to see Ann explaining her course.](#)

This course is designed for all staff, not just for management.  
When everyone understands mental health, everyone is better equipped to manage any poor mental health, in themselves and their colleagues.



### **The 5 key elements of the Course:**

1. How mental health affects us all
2. Banish the stigma of poor mental health
3. Treat poor mental health in a colleague as you would if they had poor physical health
4. Best conversations to have with those with poor mental health
5. Strategies for identifying, coping and preventing poor mental health.

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**This email was sent to you by Hub-4 Ltd because we hope this course will be of benefit to your Organisation.**

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