



# Free Mental Health First Aid Training for Football Club Staff and Volunteers

The 12th Man Campaign has been funded to provide cost-free Mental Health First Aid Training for people and businesses like yours.

Our funders have provided this training at no cost to you or your organisation because you work in a key community role. Mental health is an issue that concerns everyone, but men are especially at risk.

Suicide is the biggest killer of men under 45, and 75% of all suicides are men. Talking at an early stage is proven to prevent mild mental health problems becoming more severe, and men will talk about mental health when they feel empowered to do so. Often they choose someone like you.

Mental Health First Aid is much like physical first aid, except it focuses on mental health. It covers situations you find in every day life and is useful in all areas of life and work.

Training starts at only 4 hours for the Mental Health First Aid Aware course, and you can progress to a longer course free of charge.



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[12th-man.org.uk](http://12th-man.org.uk)