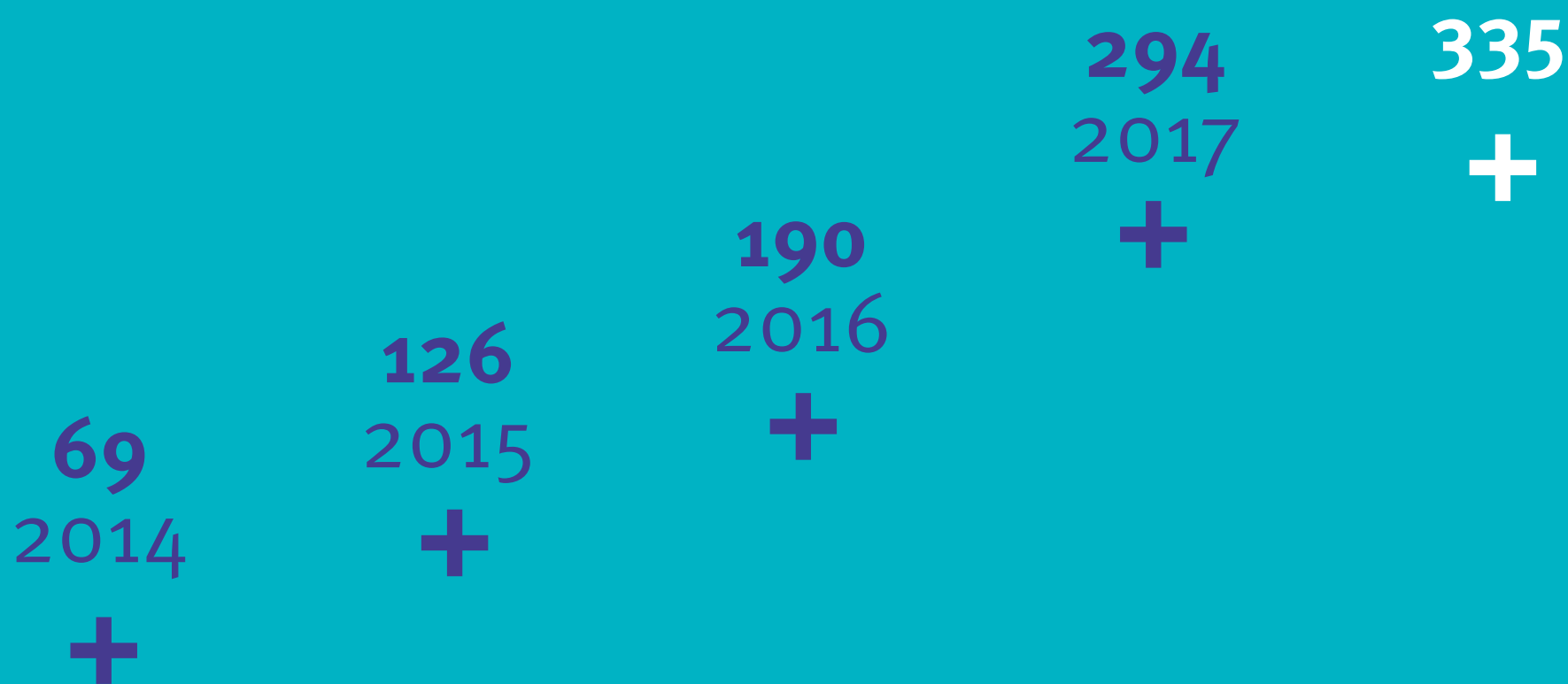


Mental Health First Aid

Our Mental Health First Aid (MHFA) courses teach people to identify common symptoms of mental health issues, offer first line help and guide a person towards support.

OUR GROWTH MHFAiders trained since 2013



1:100

We now have one MHFAider per 100 members of College

2020 TARGET 1:50

AWARENESS RAISING

MHFA Lite is a half-day session to raise awareness, bust stigma and challenge taboos around mental ill health.

260

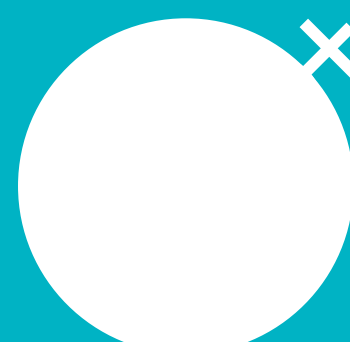
people have gained this enhanced awareness.

IMPROVING OUR GENDER RATIO

Our team are working to address the gender imbalance by running training courses targeted at men

MALE 28%

FEMALE 71%



INVESTMENT AND SUPPORT

Seven in-house instructors support the MHFA community

Connect + Share termly meeting

Imperial social networking group for peer-to-peer support