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To Whom it may concern

Sad-Dog Mental Health Awareness delivers excellent Mental Health First Aid (MHFA) training that is both engaging and impactful. Their courses are designed not just to provide knowledge but to create a shift in how individuals and workplaces approach mental health.

One of their standout qualities is their ability to make difficult conversations feel accessible and more comfortable. Their trainers bring a wealth of experience, both in mental health and corporate environments, which allows them to tailor their approach to the company/audience. They ensure that participants leave with the confidence to recognize early signs of mental distress and the ability to signpost meaningful support.

Their interactive and well-structured training sessions focus on practical skills, real-life scenarios, and breaking down the stigma surrounding mental health. Many participants have highlighted how the training has improved their ability to support colleagues, friends, and even themselves.

Sad-Dog's commitment to improving mental health awareness in the workplace is evident in the results they achieve. More open conversations around mental health and a stronger sense of community support are noticeable post courses.

Overall, Sad-Dog Mental Health Awareness provides a first-class service that is both professional and considered. Their training is a serious consideration for any organization looking to foster a supportive and mentally healthy workplace. Highly recommended.

Yours Sincerely,



Paul Dalton
Generation Manager