How are you ?

sad? stressed? anxious?
worried? hopeless? angry?
tearful? overwhelmed?
want help?

Your Mental Health First Aiders are

There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at
please contact

Training provided by

MHFA England

mhfaengland.org