

YOUR

MENTAL HEALTH FIRST AIDERS

Name

Telephone

Email

Name

Telephone

Email

Name

Telephone

Email

Are you feeling...

...Under pressure?

...Lonely?

...Annoyed?

...Unhappy?

...Confused?

...Anxious?

...Overwhelmed?

TALK TO US

Your Mental Health First Aiders are here for you.

Do you or a colleague need emotional support?
Talking to us could be your first step to feeling better.

We're not healthcare professionals, but we are trained to listen and guide you to appropriate support, if you need it.