

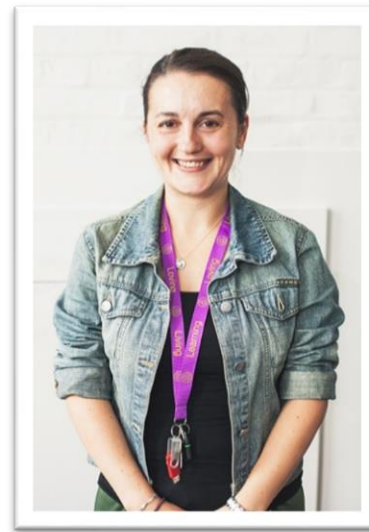
# How are you ?

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

## Your Mental Health First Aiders are



**Ms Griffiths**



**Mrs Downes**

**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.

Training provided by



**MHFA England**

[mhfaengland.org](http://mhfaengland.org)

If you have any questions about Mental Health First Aid please contact any of the above, or First Aiders