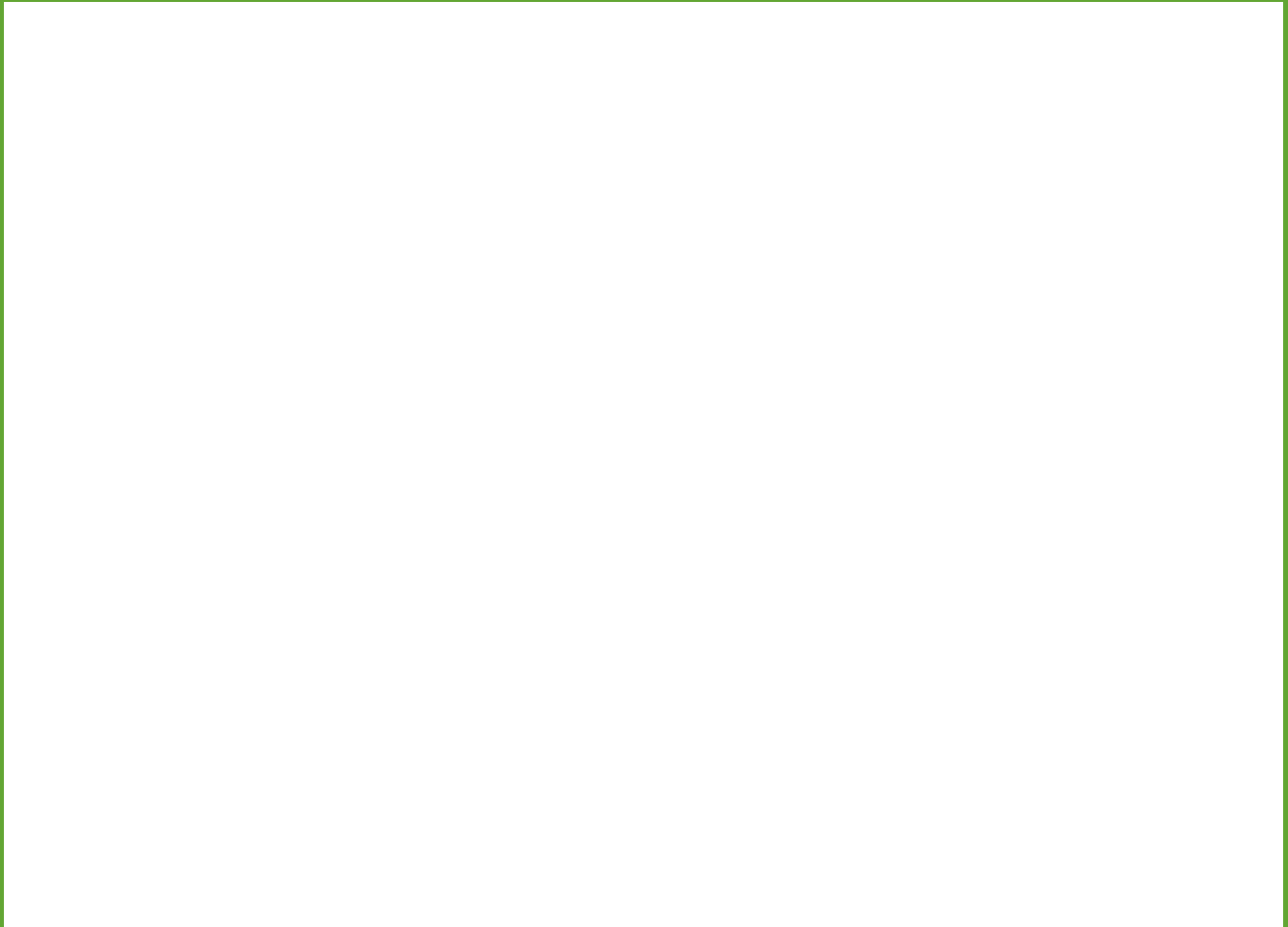


# How are you?

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 an MHFAider® can help you access them.**



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

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



**Association**  
of Mental Health First Aiders