

# Your Mental Health First Aiders

Name -

Department -

Email/Phone -

Name -

Department -

Email/Phone -

Name -

Department -

Email/Phone -

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 in the right direction to feeling better.

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



# Your Mental Health First Aiders

How do you feel?

Sad? Anxious? Overwhelmed? Lonely?  
That's why we are here for you to talk to!



Name -  
Phone -  
Email -

Name -  
Phone -  
Email -

Name -  
Phone -  
Email -

Department -

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