




















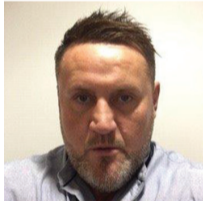












How are you ?

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

Your Mental Health First Aiders are

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Training provided by



MHFA England
mhfaengland.org

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.

**Sunderland
City Council**