



How are you?

Sad? Stressed? Anxious? Worried? Hopeless? Angry? Tearful? Overwhelmed?

Your Mental Health First Aiders are...



Mrs Callaghan



Mr Lee



Ms Williams



Mrs McArdle



Mr Walters



Mrs Wright



MHFA England

Mental Health First Aiders can help if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress.

There are lots of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better.