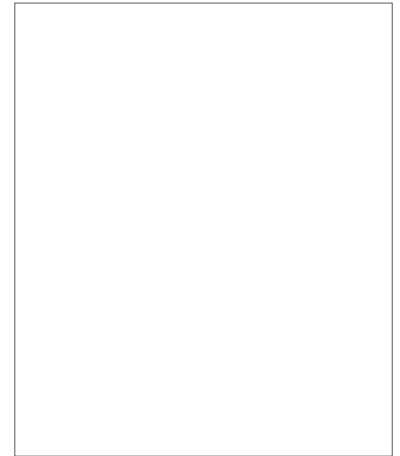
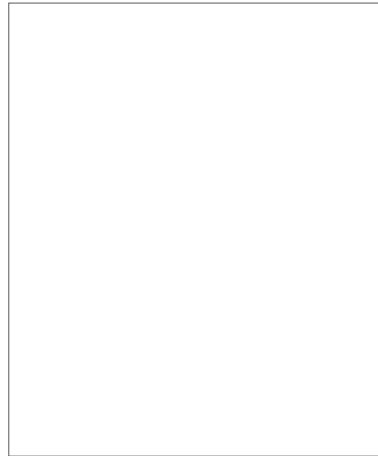
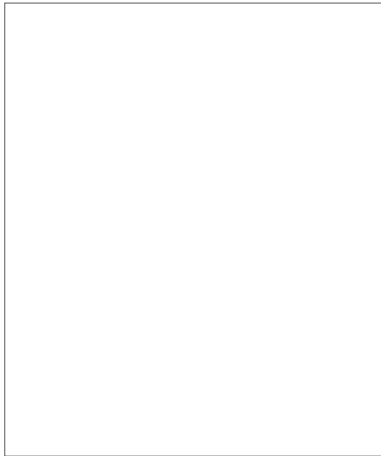


MENTAL HEALTH FIRST AIDERS ARE HERE TO SUPPORT YOU



Mental Health First Aiders are a point of contact if you, or someone you are concerned about, is experiencing a mental health problem or emotional distress.

They are not therapists or psychiatrists but they can give you initial support and connect you to appropriate help if needed.

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

