

How are you?

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

Your Qualified Mental Health First Aiders Are



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A Mental Health First Aider (MHFAider) is a trained individual who spots early signs of mental ill-health, provides initial non-judgmental support, and guides people toward professional help. They act as a point of contact for colleagues or peers in distress, offering reassurance, reducing stigma, and initiating conversations in a safe, confidential space.