

# MENTAL HEALTH FIRST AIDERS



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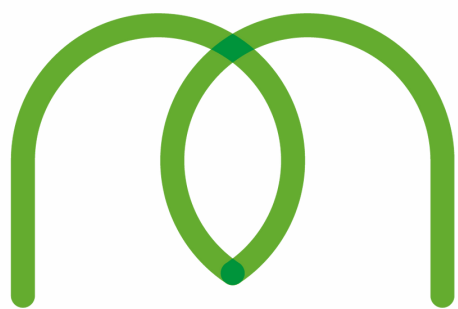
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**MHFA England**

**There are plenty of different types of support out there, and a mental Health First Aider can help 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.