

YOUR MENTAL HEALTH FIRST AIDERS ARE HERE FOR YOU:

- ▶ Louise Walker
- ▶ Oliver Byne
- ▶ Jacqui Calver
- ▶ Patricia Halas
- ▶ Emma Renshaw
- ▶ Simone Saunders
- ▶ Maggie Scarano
- ▶ Lisa Blackhurst
- ▶ Laura Pearman
- ▶ Jo Potter

There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

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.

If you have any questions about Mental Health First Aid at: **Keepmoat, The Waterfront, Lakeside Boulevard, Doncaster, DN4 5PL** please contact: **Carolynne Hanson**

Training Provided by



MHFA England
mhfaengland.org