

# How are you?

Sad? Stressed? Anxious?

Worried? Tearful? Overwhelmed?

## Want help?



## Your Mental Health First Aider is

### Miss. Mills

Training provided by



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

To arrange a meeting, please contact Miss.Mills via email: [\*\*mhfa.etp@osborne.coop\*\*](mailto:mhfa.etp@osborne.coop)