How are you ?

sad? stressed? anxious?
worried? hopeless? angry?
tearful? overwhelmed?
want help?

Your Mental Health First Aiders are



Mrs J Dawson



Mrs A Prince

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.

Training provided by

MHFA England

mhfaengland.org

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 Ellison Primary Academy, please contact Mrs Dawson or Mrs Prince on 01782 613674