

# MENTAL HEALTH FIRST AID

One in four adults will experience a diagnosed mental health issue. Mental Health First Aiders are equipped to support people before, or when, a crisis occurs.

All of our Mental Health First Aiders have been on an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide support on a first aid basis. They are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They're not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

Visit the Intranet and search '**Mental Health First Aid**' to see a full list of our Mental Health First Aiders.