



# We are your Mental Health First Aiders

We're here for you to talk to

**Are you ok?  
It's okay not to be.**

Sometimes by just having a chat you could feel a little better.

We're not healthcare professionals, but we're trained to listen and if you need it, guide you to more support.

**Become a Mental Health First Aider:**  
[www.sjacymru.org.uk/mentalhealthtraining](http://www.sjacymru.org.uk/mentalhealthtraining)  
or call 0345678564

## We are here for you:

Name:  Department

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