



Could you be a Mental Health First Aider?

Each year approximately **1 in 4** people in the UK will experience a mental health condition.*

Mental health support should be an ongoing focus for every workplace.

You will learn practical skills to support your colleagues with their mental wellbeing and help someone take the first steps to feel better.

Empower yourself with Mental Health First Aid skills.

Interested? Learn more at:
www.sjacymru.org.uk/mentalhealthtraining

Sign up today:

Name: Email:

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