Your Mental Health First Aiders are here for you.

Do you or a colleague need emotional support? Talking to us could be your first step to feeling better.

We’re not healthcare professionals, but we are trained to listen and guide you to appropriate support, if you need it.

Are you feeling...
...Under pressure?
...Lonely?
...Annoyed?
...Unhappy?
...Confused?
...Anxious?
...Overwhelmed?

TALK TO US

sja.org.uk/MentalHealthAtWork