

Your Colleagues Need **YOU**...

Do you want to be a part of a growing community supporting the mental health and wellbeing of your colleagues? Becoming a Mental Health First Aider helps do just that. But what are the benefits?

- A great opportunity for growth and personal development
- You'll be equipped with training and skills that you can utilise in all areas of your life
- Help to reduce the stigma attached to mental health by having open conversations
 - You'll be given practical tools and resources to look after your own wellbeing
 - Make a difference by helping your colleagues access the support they need
 - Contribute to building a proactive and supportive workplace
 - Be part of a community of like-minded people