

On-demand MHFA support



We're here for you

Being a Mental Health First Aider (MHFA) is an important responsibility, but it doesn't have to be overwhelming. Our on-demand support is here to give you the guidance and reassurance you need, helping you balance your role as an MHFA with the rest of your work and personal life.

Here's why you might want to reach out:

- ✓ **Preparation:** Get tips and advice before a tough conversation to help you feel ready.
- ✓ **Post-conversation check-in:** Make sure everything went okay and clear up any concerns.
- ✓ **Reassurance and guidance:** If you're feeling unsure, we're here to help you stay on track.
- ✓ **Debriefing:** Talk through difficult chats to relieve stress and get fresh insights.
- ✓ **Safeguarding concerns:** Get expert advice if you're worried about someone's safety.

We're here to help you avoid burnout and keep compassion fatigue at bay, so you can stay confident and energised in your role.

With Everymind at Work, you're never on your own – we're always here to support you, so you can keep supporting others.

Simply scan the QR code to access the support via our platform!

