

Mental Health First Aiders



... are here for you

sad? stressed? anxious? worried? hopeless?
angry? tearful? overwhelmed? want help?

There are plenty of different types of support out there, and an MHFA can help you access them.

Our Mental Health First Aiders (MHFAs) are trained to offer you support and guidance. They are a point of contact if you are experiencing poor mental health or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

Scan the QR code below to find details of our MHFAs.



**Bromley
Healthcare**
community first

SCAN ME

