



**Your workplace qualified Mental Health First Aider Is:**

**Contact Number:**

Mind phone 0300123 3393 or text 86463 [www.mind.org.uk](http://www.mind.org.uk)  
Samaritans phone 116123 [www.samaritans.org](http://www.samaritans.org)  
NHS general health information phone 111 [www.nhs.uk](http://www.nhs.uk)

