

YOUR MENTAL HEALTH FIRST AIDERS ARE HERE FOR YOU



Training provided by



There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

Mental Health First Aiders are a point of contact if you or someone you are concerned about, are experiencing a mental health issue or emotional distress.

If you have any questions about Mental Health First Aid at SCA please contact

Jimmy Rutter

Jayne Waterfield