

Meet Your Mental Health First Aiders

It's good to talk!



Further Mental Health First Aiders from the wider MPLS community can be found using the QR code to the left.

Please also visit the following Wellbein websites from the University:

For Staff



For Students



Are you feeling....

- ...Under pressure?
- ...Lonely?
- ...Anxious?
- ...Unhappy?
- ...Confused?
- ...Overwhelmed?

Do you or a colleague need emotional support?
Talking to us could be your first step to feeling better.

We're not healthcare professionals, but we are trained to listen and guide you to appropriate support, if you need it.



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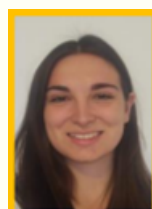
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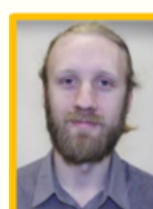
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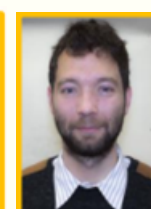
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