Meet Your Mental Health First Aiders
It’s good to talk!

Please also visit the following Wellbeing websites from the University:

For Staff

[Website Link]

For Students

[Website Link]

Are you feeling...
...Under pressure? ...Unhappy?
...Lonely? ...Anxious?
...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.