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

Please also visit the following Wellbeing websites from the University:

For Staff

For Students

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

进一步的心理健康第一响应者，从更广泛的MPLS社区可以通过使用左侧的QR码找到。

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