

We are your Mental Health First Aiders

We are here for you
to Talk to us

Are you ok?

It's okay not to be.

Sometimes by just having a chat
you could feel a little better.

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

Learn more

stjohn.wales/mhfa or call **0345 678 5646**

We are here for you

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St John
Cymru - Wales

