Need someone to talk to?

Start a conversation with your workplace mental health contact.

A listening ear. Help finding further support.

Your workplace or team

Your contact 1

Name and role

Work email or phone

Available

Your contact 2

Name and role

Work email or phone

Available

Ask for a private conversation.

You choose what to share. Ask how conversations are handled before sharing personal information.

This is a workplace support contact, not an emergency service.

Mental Health First Aid Course

Part of Skills Training Group

Build your workplace mental health skills.

Explore our live online Level 3 training.

mentalhealthfirstaidcourse.co.uk