

# Your Mental Health First Aiders are

School of Computer Science Mental Health First aiders:

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If you would like any more information mental health first aiders at the school please visit the EDI web page: <https://www.nottingham.ac.uk/computerscience/equality-diversity-and-inclusion/equality-diversity-and-inclusion.aspx>



**There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.**

**Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.**

**If you have any questions about Mental Health First Aid at University Of Nottingham Please contact the Student Services Welfare team**

Training provided by



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[mhfaengland.org](http://mhfaengland.org)