



# MENTAL WELLBEING - MENTAL HEALTH FIRST AID

KNOWING HOW TO RESPOND EFFECTIVELY DURING  
A MENTAL HEALTH CRISIS.

- **Reach out** to trusted loved ones or a crisis counsellor.
- **Go somewhere** safe where you can avoid acting on suicidal thoughts.
- **Lock up** or remove weapons of self-harm from your environment.
- **Avoid** alcohol and substances that might worsen your feelings.
- **Enjoy relaxing activities** like listening to music or spending time with a pet.

These steps can help create a buffer between you and the intense distress you're experiencing, giving you time to seek further help.



Mental  
health



Physical  
health



financial  
guidance



legal  
assistance

**For confidential assistance on mental health matters, contact your  
EMPLOYEE WELLNESS PROGRAMME  
on toll-free 0800 004 770  
or SMS your name to 31581**