

# MENTAL HEALTH FIRST AID – A SAFE PLACE TO START

**Talk. Connect. Support. By students, for students.**

Sometimes it helps to talk to someone who understands student life. Mental Health First Aid (MHFA) offers a confidential and approachable first point of contact for students who are experiencing emotional distress, facing mental health challenges or are concerned about a fellow student. Our trained student Mental Health First Aiders (MHFAiders) are here to listen without judgement, provide initial support and help you navigate your next steps. While they are not therapists, they can help you identify the right support and connect you with appropriate services if needed. Whether you're feeling overwhelmed, stressed, anxious or simply not yourself, you don't have to figure it out alone.

## CONFIDENTIALITY

All conversations with our MHFAiders are treated confidentially. The only exception is when there is a serious concern that someone may be at immediate risk of harming themselves or others.

For more information about Mental Health First Aid, please visit:

- **MHFA Germany**

<https://www.mhfa-ersthelfer.de/>

- **MHFA International**

<https://mhfainternational.org/>



If you'd like to connect with others, our Wellbeing Student Community offers regular peer-to-peer „**Let's Talk About...**“ sessions where students come together to share experiences, discuss wellbeing topics and support one another.

## LET'S FIND WHAT WORKS FOR YOU

You'll find the list of our student Mental Health First Aiders, along with more information about all Student Wellbeing & Mental Health services, in the **Study Guide** under "**Student Wellbeing & Mental Health.**"