

Your Mental Health First Aiders are



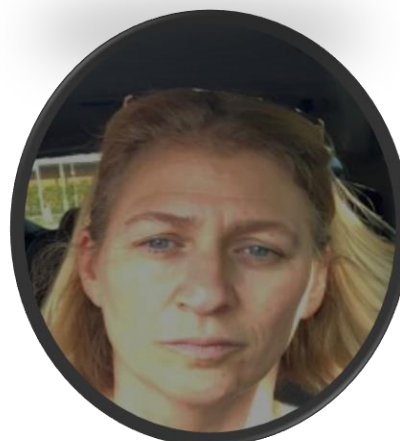
Rabbi Kenigsberg
07891 988 201



Anouk Abrahams



David Berke



Patti Adler



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 Magen Avot please contact one of our first aiders above.