

## Alpha-1 Organisation Australia (A1OA) now has a mental health first aider

Around 1 in 5 Australian adults experiences a common mental health issue each year.

A diagnosis of Alpha-1 Antitrypsin Deficiency can cause mental distress, anxiety, or depression.

In recognition of this, A1OA has a Mental Health First Aid Australia accredited member available to recognise common mental health problems in people diagnosed with A1AD, to provide initial help to **someone** experiencing a mental health problem and to help the sufferer cope in a crisis.



If you feel you are not coping after a diagnosis of A1AD or are struggling mentally with any aspects of A1AD please reach out to us on

[mentalhealth.a1oa@gmail.com](mailto:mentalhealth.a1oa@gmail.com)

