



- Mental Health First Aiders have been trained to **understand** the factors affecting mental ill health
- **Identify** the signs and symptoms for a range of mental health conditions
- Use **ALGEE** to provide Mental Health First Aid to someone experiencing a mental health issue or crisis
- **Listen** non-judgementally and hold supportive conversations using the Mental Health First Aid action plan
- **Signpost** people to professional help, recognising their role as a Mental Health First Aider does not replace the need for ongoing support

Adult mental health first aid *does not* teach individuals to become therapists or counsellors nor does it teach to diagnose mental health conditions. The role is a point of contact and reassurance for someone experiencing a mental health issue or emotional distress.

It is key to maintain appropriate boundaries in order to provide Mental Health First Aid in the workplace.

To make contact with any one of the current 51 staff members who have received the up to date training you will see a list of locations and email address.

[New Cross Based Staff](#)

Poole	Anna	Female	anna.poole3@nhs.net
Aulton-Birch	Stacey	Female	s.aulton@nhs.net
Parkes	Carole	Female	carole.parkes@nhs.net
Kirkpatrick	Mo	Female	mo.kirkpatrick@nhs.net
Benton	Holly	Female	holly.benton@nhs.net
Heatrow	Marta	Female	marta.heatrow@nhs.net
Mincher	Cathy	Female	cathymincher@nhs.net
Murphy	Sharon	Female	sharonmurphy3@nhs.net
Tuft	Sonia	Female	sonia.tuft@nhs.net
Baker	Debra	Female	debra.baker1@nhs.net
Dangerfield	Tina	Female	tina.dangerfield@nhs.net
Stanton	Cynthia	Female	cynthia.stanton@nhs.net
Edge	Vanessa	Female	vanessaedge@nhs.net
Smith	Nichola	Female	nichola.smith12@nhs.net
Middlebrook	Judy	Female	judy.middlebrook@nhs.net
Trevitt	Rachael	Female	rachael.trevitt@nhs.net
Plant	Julie	Female	julieplant@nhs.net
Abbis	Gemma	Female	gemma.abbiss@nhs.net
Allen	Karen	Female	karenl.allen@nhs.net

Barratt	Michelle	Female	mbarratt@nhs.net
Hulme	Josephine	Female	josephine.colls@nhs.net
Milgate	Sarah	Female	sarah.milgate@nhs.net
Mitchell	Michelle	Female	michelle.mitchell11@nhs.net
Onions	Susan	Female	susan.onions@nhs.net
Rice	Samantha	Female	samantha.rice@nhs.net
West	Diana	Female	diana.west@nhs.net
Richards	Louise	Female	louise.richards8@nhs.net
Collison	Katie	Female	katie.collison2@nhs.net
Hodson	Tracey	Female	tracey.hodson@nhs.net
Johns	Ishah	Female	ishah.johns@nhs.net
Juss	Rupinder	Female	r.juss@nhs.net
Wates	Emily	Female	emily.wates@nhs.net
Worth	Emily	Female	e.worth@nhs.net
Wright	Emma	Female	emma.wright23@nhs.net
Johnson	Sallie	Female	sallie.johnson2@nhs.net
Dawes	Andrew	Male	andrew.dawes@nhs.net
Phillips	Jonathan	Male	jonathanphillips@nhs.net

Community Staff

Law	Anna	Female	anna.law1@nhs.net
Hollinshead	Claire	Female	claire.hollinshead1@nhs.net
Wilson	Jan	Female	janet.wilson14@nhs.net
Oakley	Mandy	Female	mandyoakley@nhs.net
Khan	Rabina	Female	rabina.khan@nhs.net
Howell	Jennifer	Female	jennifer.howell@nhs.net
Eacopo	Sara	Female	sara.eacopo@nhs.net
Marriott	Victoria	Female	victoria.marriott@nhs.net
Dennis	Claudette	Female	claudettedennis@nhs.net
Hughes	Helen	Female	helen.hughes14@nhs.net
Heath	Emma	Female	emma.heath2@nhs.net
Lawrence	Jane	Female	janelawrence1@nhs.net
Stewart	Carol	Female	carol.stewart8@nhs.net

Cannock Chase based staff

Maiden	Zoe	Female	zoemaiden@nhs.net
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