



Your Mental Health First Aiders (MHFAiders®) are here for you



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Suzanne Bond



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Rachel Clark



Adam Clarke



Tim Cope



Olivia Coote



Rose Harvey



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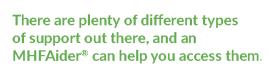
Jag Khush



Andy Linton



Adrian McConnaughie



MHFAiders® are a point of contact if you, or someone you are concerned about, are experiencing poor mental health or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.



Claudia Micallef



Alex Roberts



Tim Sellers



If you have any questions about Mental Health First Aid, please contact:

Michelle Carabache mkc@brentwood.essex.sch.uk

