



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



Rachel Bishop



Suzanne Bond



Michelle Carabache



Rachel Clark



Adam Clarke



Tim Cope



Olivia Coote



Rose Harvey



Tom Heard



Nicky Jenkin



Jag Khush



Andy Linton



Adrian
McConnaughie



Claudia Micallef



Alex Roberts



Tim Sellers

There are plenty of different types of support out there, and an MHFAider® can help you access them.

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.



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

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Brentwood School