

Mental Health First Aiders



As part of our ongoing improvements to assist our employees with their Mental Health, we would like to introduce our 22 newly qualified Mental Health First Aiders throughout the business. Their role as Mental Health First aiders is to support individuals, help to make their life at work easier, listen non-judgementally, offer and encourage support, signpost people to professional help and to assist in a crisis.

If you are concerned about yours or another employees Mental Health then please contact any of the below MH first aiders to discuss your concerns , we are here to help and assist you confidentially.



Cheryl Lowe

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Together We Stay Stronger