**LOROS Mental Health First Aiders**

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| Bereavement Support | Suzann Chantrill |
| Compassionate Neighbours | Brenda Wilford |
| Corporate/ management | Rebecca Stevens, Jo Kavanagh |
| CRM/ Supporter Care | Lisa Clarke |
| Day Therapy | Beth Tomlinson |
| Enablement | Helen Holland |
| Enterprises | SJ Waites, Angie Skelton, Samm Norman, Vicki Mayfield, Mary Lockhart. Gary Macmillan-Dale, Ady Bryan, Lindsey Gilbert |
| Fundraising | Alison Pettit |
| HR | Emma Gilliver |
| Lotteries | Dianne Noon |
| Ward | Mary Hartfield |

There are plenty of different types of support out there, and a Mental Health First Aider can help you access them. Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue 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 at LOROS contact the Mental Health First Aiders directly or email**

[**hr@loros.co.uk**](mailto:hr@loros.co.uk)

[**staffnetwork@loros.co.uk**](mailto:staffnetwork@loros.co.uk)



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