

# LOROS Mental Health First Aiders



Compassionate Neighbours	Brenda Wilford
Corporate/ management	Caroline Baker, Claire Brown, Rebecca Stevens
CRM/ Supporter Care	Lisa Clarke
Day Therapy	Beth Tomlinson
Education	Mel Stacey
Enterprises	Ady Bryan, Gary Macmillan-Dale, Lindsey Gilbert, Lynda Spicer, Mary Lockhart, Sam Glover, Samm Norman, SJ Waites, Steph Hiom, Vicki Mayfield
Fundraising	Emma Jones
HR	Emma Gilliver
Lotteries	Dianne Noon
Lymphoedema	Coline Morris



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)

You can also contact someone from the Chaplaincy department at ANY time. Ext 8411 or please go to the Chaplaincy office next to the dining room.