Mental Health Support – key contacts

In the School of Mathematical, Physical and Computational Sciences, mental health and physical health are equally important. The colleagues listed below are our appointed Mental Health First Aiders (MHFAs). They are available to any staff member or student who is feeling overwhelmed or in emotional distress and need to talk to someone in confidence. They can provide support, actively listen to your concerns and signpost you to appropriate long-term, professional support. Each of them has had formal training in Mental Health First Aid.

MHFAs can be contacted in person, via Teams or by e-mail during their normal working hours.

If you are a member of staff you can also contact the Employee Assistance Provider (EAP) on 0800 085 1376 (24/7, 365 days a week) or students can contact the Student Welfare team on 0118 378 4777.

For urgent mental health support:
- Please call 116 123 to contact the Samaritans for free 24 hours a day, 7 days a week. Whatever you’re going through, a Samaritan will face it with you.
- Please call 0800 129 9999 to contact the NHS Mental Health Crisis Team. If you need urgent help, but it's not an emergency.
- Please contact your doctor/GP practice. If you are registered with the University Medical Group in Northcourt Avenue, contact: 0118 987 4551. Otherwise, please contact the doctor that you are registered with.

SMPCS MHFAs
Andrew Charlton-Perez: Brian Hoskins 2L53 (Mon, Tue, Fri); Polly Vacher 152 (Wed); Mathematics and Statistics 212 (Thu)

Natalie Harvey: Brian Hoskins 2U19
Imogen Salt: Brian Hoskins 1L42
Claire Bulgin: Brian Hoskins 3L65b
Jessica Gardner: via Teams/call 0118 378 8794

Robin Smith: Harry Pitt 177

Cathie Wells: Agriculture Building 1L25

Claire Newbold: JJ Thomson 219