

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



MHFA England

I am a Mental Health Champion.

I have been trained to recognise the signs that someone might be unwell and guide a person towards appropriate support.