



Wellbeing

<p>Amy Wilkins</p> <p>I'm the Student Experience Coordinator in MPS. I'm on campus Monday/Wednesday/Friday (School Office, Pevensey 2) and also available on Teams or email if you want someone to listen and chat to over a (real or virtual) cup of tea</p> <p>Contact Amy amy.wilkins@sussex.ac.uk</p>	<p>Brigette Groves</p> <p>I have been at Sussex for just over 20 years and spent much of that time supporting staff and students through some difficult moments. Our workplace should be a safe and supportive space for everyone and talking about our mental health is a big part of this. I encourage anyone who wants to talk to get in touch, either through email/ Teams or pop by my office in Pevensey 1 2E9. We can have a cuppa, go for a walk, or simply sit in stillness until you are ready. Outside of work I'll mostly be out and about enjoying our surroundings, by the sea and over the downs; running or gazing at a view with a cuppa and maybe a grandchild in tow</p> <p>Contact Brigette Bg32@sussex.ac.uk</p>	<p>Cathy McDonnell</p> <p>Staff wellbeing is a key area of work in my team and I am passionate about staff having access to support. I'm very happy to be contacted if you would like to have a confidential chat.</p> <p>Contact Cathy c.mcdonnell@sussex.ac.uk</p>	<p>Chloe Isley</p> <p>I find that sometimes a conversation with someone who is removed from the situation is all you need to feel a little lighter about the toughest things in life. I'm always here for anyone who wants to talk as I know how good it can feel to have a chat where there's no expectations or need to be strong - sometimes all you need is someone you can be honest with to release some of the stress you've been carrying around with you.</p> <p>Contact Chloe cli21@sussex.ac.uk</p> <p>Or book a slot in Chloe's diary for a call</p>	<p>Deema Sonbol</p> <p>If you're feeling anxious, constantly worried, and have very high expectations of yourself that get in your way, welcome to the club! You are not alone, and we are here to support and listen to you. Remember, we are all human behind the facades we create.</p> <p>Contact Deema D.Sonbol@sussex.ac.uk</p>	<p>Debbie McGuchan</p> <p>I've been at Sussex for over 15 years in the Research and Enterprise Division and qualified as a mental health first aider in 2022. There are so many challenges in the world today and my aim is to provide a safe place and a friendly face where you feel supported and able to share any concerns or worries no matter how big or small</p> <p>Contact Debbie deborah.mcguchan@sussex.ac.uk</p>
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<p>Dominic O'Brien</p> <p>I am a lecturer in the Anatomy at the medical school and trained to be a mental health first aider after realising how important it is to be able to support my students through difficulties with the course or wider personal issues. Having support is important for everyone, and I'm happy to help where I can.</p> <p>Contact Dominic D.O'Brien@bsms.ac.uk</p>	<p>Ellen Thomas</p> <p>I work in the UK student recruitment team. If you are having a hard time and want help or would just like to chat, I'm happy to help! You can find me in Bramber Floor 4, by 402B - or feel free to message me over Teams</p> <p>Contact Ellen Ellen.Thomas@sussex.ac.uk</p>	<p>Emily Doick</p> <p>Emily works in BMEC. Bio awaited</p> <p>Contact Emily: e.doick@sussex.ac.uk</p>	<p>Gavin Mensah-Coker</p> <p>Alongside my teaching role, I am an Academic Advisor for students on the Foundation Year and in the School of Media, Arts & Humanities. I am also the Equalities, Diversity & Inclusion Lead for Foundation Year and Deputy Race Equality Director in MAH. Happy to listen and chat in confidence where suits you best.</p> <p>Contact Gavin glm27@sussex.ac.uk</p>	<p>Holly Foster</p> <p>I became a MHFA initially in my capacity as a Unison steward but since then I have found the training invaluable in supporting those in my team and the students who reach out to me as their Placement Officer. As a neurodiverse member of staff, I know how mental health can intersect with disability and how this can impact on life at work. If you ever want to chat, please feel free to drop me a Teams message</p> <p>Contact Holly hf245@sussex.ac.uk</p>	<p>Ian Angell</p> <p>I have experienced mental health struggles of my own throughout my working life and have often found that a conversation with a supportive colleague can be very helpful. In taking on the role of Mental Health First Aider, I hope to normalise conversations of this nature and hope people will feel comfortable having them. I am happy to be contacted for a conversation, or if you just want someone to have a cup of tea with and sit calmly.</p> <p>Contact Ian i.angell@bsms.ac.uk</p>
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<p>James King</p> <p>Talking to someone you don't know but that respects and understands your perspective can be key to getting through difficult situations. I'm Operations Officer in the School of Life Sciences and have had multiple roles across the University. If you'd like a conversation in person or virtually then I'm more than happy to meet and listen</p> <p>Contact James j.n.king@sussex.ac.uk</p>	<p>James Ward-Lee (they/he).</p> <p>I'm the chair of the Trans and Non-Binary Staff Network, and I work in LPS as an assistant coordinator. I used to work in children's mental health, and have ADHD myself. Please reach out if you'd like a chat, either on teams/email or in person!</p> <p>Contact James J.Ward-Lee@sussex.ac.uk</p>	<p>Jason Evans</p> <p>I am the Quaker Chaplain at Sussex. I'm available to listen without judgement to students and staff whatever you might be going through. I am a qualified hypnotherapist and experienced Focuser and meditation facilitator, but I can also just listen. Whatever you are struggling with, talk to me.</p> <p>Contact Jason j.k.evans@sussex.ac.uk</p>	<p>Jo Robinson</p> <p>I work in the HR team at Sussex and have been with the University for 18 years. I was diagnosed with bipolar disorder in 2007 and I am passionate about promoting mental health awareness and supporting colleagues through any challenges they may face. As part of my role, I am always happy to lend a listening ear in confidence. I believe in the importance of creating a safe and supportive environment for staff, where we can talk openly about our mental health and wellbeing. Please feel free to reach out to me if you ever need someone to talk to.</p> <p>Contact Jo: j.c.robnsn@sussex.ac.uk</p>	<p>Keira Thomas</p> <p>Having supported individuals from a diverse range of backgrounds, I offer support and a safe space during times of difficulty. Feel free to get in touch via email or Teams - we can communicate however works best for you. My Mental Health First Aider role works alongside my roles as Equality, Diversity and Inclusion Champion for DSE, joint Co-chair of the LGBTQ+ Staff Network, and volunteer for West Sussex Mind.</p> <p>Contact Keira kt436@sussex.ac.uk</p>	<p>Kirsty Hart</p> <p>I believe that staff wellbeing should be a priority in the workplace and it is important that people feel supported. This was why I wanted to become a Mental Health First Aider. If you are struggling and want to speak to someone in confidence, please contact me</p> <p>Contact Kirsty Kirsty.Hart@sussex.ac.uk</p>
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<p>Laura Gallaher</p> <p>I have a background in mental health and wellbeing research. One of the things I valued most about this work was being able to give time to provide practical and emotional support and direction in relation to mental health and wellbeing. I look forward to doing more of the same as part of the Mental Health First Aider Network and welcome anyone who has concerns to come and speak to me in confidence.</p> <p>Contact Laura lg405@sussex.ac.uk</p>	<p>Laura Tolhurst</p> <p>I'm a student advisor based in the Student Centre and qualified as a Mental Health First Aider in November 2022. I'm a strong advocate for promoting wellbeing in the workplace and believe your health should always be the priority. If you're struggling and would like someone to talk to, please feel free to get in touch</p> <p>Contact Laura L.Tolhurst@sussex.ac.uk</p>	<p>Lisa McDonald</p> <p>I became a trained Mental Health First Aider in 2023. Reaching out and simply speaking to someone can be a powerful first step to help you reclaim your mental, physical, and emotional wellbeing and I'm here to support you should you need someone to talk to. We can meet either in-person or online, whichever you feel more comfortable with.</p> <p>Contact Lisa L.mcdonald@sussex.ac.uk</p>	<p>Lily Murphy</p> <p>I work in the Business School's Student Experience Team & I've recently qualified as a Mental Health First aider. A large part of my role involves supporting students in distress and I would love to be able to use these skills to also support my colleagues. Please feel free to reach out to me if there's any difficulties you're experiencing and you'd like to chat. I'm available over teams or email.</p> <p>Contact Lily alm50@sussex.ac.uk</p>	<p>Lisette Whittaker</p> <p>I have lived experience of anxiety and the menopause. I have a daughter who is diagnosed as neurodiverse and I have lived experience of bullying and sexual harassment in the workplace. If you find yourself in need of someone to talk to please feel free to contact me.</p> <p>Contact Lisette L.Whittaker@sussex.ac.uk</p>	<p>Mary Reynolds</p> <p>I have been at Sussex for 10 years and I feel mental health in the work place is a great place to start with a personal journey. Taking that first step is huge and I am here to help you. I have been a mental health first aider for a year, I also have a Level 2 counselling skills course</p> <p>Contact Mary Mary.Reynolds@sussex.ac.uk</p>
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<p>Maxine Angel</p> <p>I work in the Marketing Team, based on the 4th floor of Bramber House. As well as being MHFA trained, I'm also a Menopause Champion. If you find yourself struggling, or would just like to chat things through with someone, please feel free to contact me via email or on Teams.</p> <p>Contact Maxine m.m.angel@sussex.ac.uk</p>	<p>Mike Davy</p> <p>I work in both ESW and LPS. I studied Art History at Sussex and have been around for quite a long time! If you need someone to listen to you or just chat things over in confidence then please get in touch!</p> <p>Contact Mike m.j.davy@sussex.ac.uk</p>	<p>Naomi Harris</p> <p>I recently became a mental health first aider to support my work with students in distress and would love to also help my colleagues. If you are having a hard time or would like to talk something through, please feel free to email or teams me. I am also co-chair of the Staff Disability Network and part of the Sussex mental health forum.</p> <p>Contact Naomi naomi.harris@sussex.ac.uk</p>	<p>Nichola Sedge</p> <p>I work within the HR team and I have been at the University since 2018. We can all experience mental health concerns, at any time of their life and the most powerful step you can take is to talk about how you are feeling. If you want to make that first step and have a confidential chat, feel free to make contact with me and I would be happy to listen.</p> <p>Contact Nichola NC354@sussex.ac.uk</p>	<p>Paul Gunnell</p> <p>Seasoned senior manager with an eclectic background history of both highly varied working environments and life experiences along with performance coaching and active listening skills.</p> <p>Contact Paul pag24@sussex.ac.uk</p>	<p>Pav Virk</p> <p>I recently settled in Sussex and have worked at the University for nearly a year. I love to bake in my spare time and spend time by the sea. I am a big foodie and a great listener!</p> <p>Contact Pav P.Virk@sussex.ac.uk</p>
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<p>Rhys Morgan</p> <p>In addition to my academic roles I provide pastoral support to students as part of my Senior Academic Advisor role and am available anytime to chat with staff who may not be feeling on best form. I've experience of pressurised working environments, balancing busy work/family life and losing close family members. Very happy to meet up sometime (remotely or in person) and listen in a non-judgemental and confidential fashion</p> <p>Contact Rhys</p> <p>Rhys.Morgan@sussex.ac.uk</p>	<p>Sally Porter</p> <p>Before joining Sussex, I was a teacher for many years and supported young people and carers with their mental health journeys. Talking about your mental health can be difficult but incredibly powerful. If you need someone to talk to, in a judgement-free space, I would love to be there to listen.</p> <p>Contact Sally</p> <p>S.Porter@sussex.ac.uk</p>	<p>Sam Bates</p> <p>I'm passionate about mental health and wellbeing in the workplace and feel it should be a safe space for us to discuss the challenges we may face and access any support needed. I'm available in person and online, if you would like to reach out, for yourself or for a colleague.</p> <p>Contact Sam</p> <p>S.R.Bates@sussex.ac.uk</p>	<p>Sarah Cox</p> <p>I have recently qualified as a Mental Health First Aider but I also have experience of supporting colleagues with sensitive, personal and/or confidential situations in my role at the University, having worked in the HR division for 16 years.</p> <p>Contact Sarah</p> <p>s.j.cox@sussex.ac.uk</p>	<p>Simon Peeters</p> <p>I am an academic and have supported both students and staff through difficult times. The pressures of today's world can have a profound effect on staff and student wellbeing. Anyone can approach me for support</p> <p>Contact Simon</p> <p>S.J.M.Peeters@sussex.ac.uk</p>	<p>Sonya Barnett</p> <p>Need someone to listen to you? I am friendly approachable and have been here at Sussex for over 15 years. My current day job is as an Employability Advisor for students/graduates, but I have done various roles. Here to listen to you in confidence.</p> <p>Contact Sonya</p> <p>srb26@sussex.ac.uk</p>
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<p>Sophie Corton</p> <p>I am here to support anyone with any worries or concerns they may have around their mental health, even if it's just to offer a listening ear. I am available to meet in-person or virtually if you would like to talk to someone in confidence</p> <p>Contact Sophie S.C.Corton@sussex.ac.uk</p>	<p>Sophie Valeix</p> <p>I have lived experience of mental health problems since I have been a student myself. I'm passionate about finding ways to support one another without judgement and build communities. I facilitate Mental Health Workshops for Post-Graduate Researchers as part of the Doctoral School. You can find me in Room 301 of Jubilee building or on Teams/email.</p> <p>Contact Sophie S.Valeix@sussex.ac.uk</p>	<p>Tahsin Ahmed</p> <p>I have recently become a Mental Health First Aid trainer to support me in working with distressed students in the Student Centre. If you're also having a difficult time or would like to speak to someone confidentially, I'm always up for a coffee or a walk. I'm passionate about mental health and having open and honest conversations about our wellbeing is vital in the workplace. Happy to meet online or in person</p> <p>Contact Tahsin Tahsin.Ahmed@sussex.ac.uk</p>	<p>Vicki Love</p> <p><i>I became a trained Mental Health First Aider in 2009 and went on to become an MHFA Instructor. I'm passionate about MHFA and its ethos that you don't have to be a mental health professional to talk about mental health. I'm happy to talk to someone if they are worried about their mental health - or have concerns about someone else. I can meet in-person or virtually.</i></p> <p>Contact Vicki v.love@sussex.ac.uk</p>	<p>Zahid Pranjol</p> <p>Besides my academic role, I look after students wellbeing and academic support. I am also a trained mediator in the school. All my work remain strictly confidential. So, please feel free to get in touch. We can go for a coffee or have a chat wherever it suits you best."</p> <p>Contact Zahid Zp64@sussex.ac.uk</p>	<p>Grace Stewart</p> <p>Anyone, no matter their age, can be impacted by poor mental health but there is still a lot of stigma associated with asking for help. I have experience with family members in mental health crisis, poor mental health and mental illness. But I also have my own children who experience a range of emotions and need to be supported in different ways. No one should feel they have no one to turn to so if you want to reach out, no matter how big or small you feel your problem may be – I will be here to listen.</p> <p>Grace.Stewart@sussex.ac.uk</p>
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<p>Jasmine Tse</p> <p>Hello, I'm Jasmin and I work in the Careers and Entrepreneurship team. Life can be challenging and I'm a big believer in talking over a cup of tea or going for a walk (four-legged friends would be welcome!). I'm here to offer a safe space and listen non-judgementally, and with compassion and kindness. Don't go it alone, you can contact me for a chat at</p> <p>j.tse@sussex.ac.uk</p>	<p>Juliet Kneller</p> <p>I work within the Medical school. I believe that showing more understanding and basic kindness can really go a long way. Gone are the days of saying "just get on with it" and "pull your big pants up", we now need to acknowledge how important it is to talk to each other. Maybe learn from our own experiences or offer guidance on where professional advice may be found. Whatever you need I am more than happy to have a cuppa and a chat in complete confidence, please contact me</p> <p>J.Kneller@bsms.ac.uk</p>	<p>Tania Vaughan</p> <p>I am a Student Adviser for Brighton and Sussex Medical School with a background in mental health. As a MHFA, I would like to offer you a listening ear and a safe, non-judgmental space to talk about your issues, worries, or anxieties. Whether you're feeling overwhelmed, stuck, or just need someone detached from the situation to help you process your thoughts, I'm happy to help.</p> <p>Contact t.vaughan@bsms.ac.uk</p>	<p>Rebecca Moynihan</p> <p>"I have a background in mental health and have worked in the NHS as a psychological wellbeing practitioner. I am now a disability adviser in student advice and guidance and am based in the student centre. I am passionate about mental health and wellbeing and think it should always be a priority. If you are ever struggling and need someone to talk to please reach out</p> <p>r.moynihan@sussex.ac.uk or find me in the student centre.</p>	<p>Oli Steele</p> <p>Having seen first-hand, and personally experienced, the impact mental health struggles can have I am more than happy to be contacted for an entirely confidential chat and will help however I can. Can be a coffee, a chat, a walk – whatever works best for you.</p> <p>Contact Oli:</p> <p>O.Steele@BSMS.ac.uk</p>	<p>Ben Spencer</p> <p>I have recently qualified as a Mental Health First Aider. In my role as an Employee Relations Partner, in the HR Division, I have experience of supporting colleagues with sensitive, personal and/or confidential situations, ensuring that the individual feels listened to in a non-judgemental and empathetic way. I understand that talking about mental health may not be easy and a significant challenge for some people. If you would like to have a confidential chat, then please do not hesitate to contact me at</p> <p>b.spencer@sussex.ac.uk</p>
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<p>Lily King</p> <p>I became a Mental Health First Aider because I want everyone to feel like they have someone that they can speak to. If you are struggling, please know that we are here for you. Feel free to reach out to me.</p> <p><u>Contact Lily:</u> <u>ek26@sussex.ac.uk</u></p>	<p>Harleigh Angel</p> <p>In October 2024, I became a Mental Health First Aider to support others in navigating mental health challenges, and I'm here for anyone who needs someone to talk to—please feel free to reach out.</p> <p>Contact Harleigh: <u>H.Angel@bsms.ac.uk</u></p>	<p>Leona Farrugia</p> <p>Leona works in Student Advice and Guidance. Bio awaited</p> <p>Contact Leona: <u>leona.farrugia@sussex.ac.uk</u></p>	<p>Nicola Parsons</p> <p>Nicola works in BMEC. Bio awaited.</p> <p>Contact Nicola: <u>n.parsons@sussex.ac.uk</u></p>	<p>Molly Crossthwaite</p> <p>Molly works in Student Experiential Services. Bio awaited</p> <p>Contact Molly: <u>m.crossthwaite@sussex.ac.uk</u></p>	<p>Hermione Chappelle</p> <p>Hermione works in the Student Engagement team. Bio awaited</p> <p>Contact Hermione: <u>hl386@sussex.ac.uk</u></p>
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Chris Hamilton Chris is the Apprenticeships Officer at Sussex. Bio awaited Contact c.hamilton@sussex.ac.uk	Suze Cruttwell I trained to be a Mental Health First Aider in December 2024 with the aim of supporting staff and students with mental health and wellbeing needs – very happy to be a listening board or have a confidential chat so please feel free to contact me Contact s.cruttwell@bsms.ac.uk	Doran Amos Doran works in Life Sciences as a Lecturer in Neuroscience. Bio awaited Contact Doran: d.p.amos@sussex.ac.uk	Michelle Richardson Michelle works in Digital HR. Bio awaited Contact Michelle.richardson@sussex.ac.uk	Aidan Carroll Aidan works in EngInf Support. Bio awaited Contact Aidan: A.T.Carroll@sussex.ac.uk	Ali Schmidt Ali is an Assistant Professor in Psychology in Life Sciences. Bio awaited Contact Ali: as2085@sussex.ac.uk
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<p>Meg Sweeney</p> <p>Meg works in Global Engagement. Bio awaited</p> <p>Contact m.sweeney@sussex.ac.uk :</p>	<p>Vicky Raynard</p> <p>Vicky works in Careers and Entrepreneurship. Bio awaited</p> <p>Contact Vicky: v.raynard@sussex.ac.uk</p>	<p>Liliane Zagnoli Vieira</p> <p>Liliane works in BSMS. Bio awaited</p> <p>Contact Liliane: lz305@sussex.ac.uk</p>	<p>Wyane Fong</p> <p>Wyane works in Careers and Entrepreneurship. Bio awaited</p> <p>Contact Wyane: w.fong@sussex.ac.uk</p>	<p>Ellie Bennett</p> <p>Elie works in Admissions. Bio awaited</p> <p>Contact Ellie: e.j.bennett@sussex.ac.uk</p>	<p>Jo Yeoman</p> <p>Jo works in Student Advice and Guidance. Bio awaited</p> <p>Contact Jo: j.k.yeoman@sussex.ac.uk</p>
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<p>Clare Brown</p> <p>Clare works in the Global School. Bio awaited</p> <p>Contact Clare: clare.brown@sussex.ac.uk</p>	<p>Dr Jackie Knight</p> <p>Hello, alongside my academic role, I have a professional background in Mental Health nursing. I am also a trained professional life coach supporting individuals in their professional development, personal wellness and mental well-being. I am passionate about Staff and Student having access to support.</p> <p>I am happy to be contacted if you would like to have a confidential chat.</p> <p>Contact Jackie: J.knight@bsms.ac.uk</p>	<p>Charlotte Smyrk</p> <p>Awaiting Bio</p> <p>C.smyrk@bsms.ac.uk</p>	<p>Jess Daniels</p> <p>I work in the BSMS Student Advice team as wellbeing projects officer, I became a Mental Health First Aider in 2023 because I'm passionate about mental health and mental wellbeing and strongly believe everyone should be able to access support when they need it. If you need someone to talk to about anything that's on your mind, in a judgement free space, I'm available to meet for a chat in person, or on Teams</p> <p>J.Daniels@bsms.ac.uk</p>		
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Wendy Carey

Staff Wellbeing Manager

w.carey@sussex.ac.uk

sussex.ac.uk/humanresources/business-services/staff-wellbeing

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