

Mental Health First Aider Network – June 2026

Name	Bio	Contact email address
Agatha Steeles	Aga works in BSMS Support Services. Bio awaited.	as2807@sussex.ac.uk
Aidan Carroll	I have been a trained Mental Health First Aider (MHFA) since 2024. I have a passion for growing the awareness of mental health, especially in the areas where it is still taboo. From my own past experiences of depression, anxiety and eating disorders, I know how hard it can be to begin talking about these things. But that’s why I’m here to help! I offer a friendly and understanding approach to those I support, which I hope to extend to anyone in need. And my own experiences have taught me many wellbeing tips that I am keen to teach others. If you feel I can provide support for you, please get in contact. I can meet in person, or we can organise a virtual meeting. Whatever makes you the most comfortable.	A.T.Carroll@sussex.ac.uk
Ali Schmidt	I care deeply about mental health and believe it should be a priority for everyone. I became a trained Mental Health First Aider in 2024 and have supported many students through my work at the university. If you’re finding things difficult and would like to talk, I’m always happy to listen without judgement. I’m based in the School of Psychology and can meet in person or online.	as2085@sussex.ac.uk
Amy Wilkins	I’m the Student Experience Coordinator in FoSEM. I’m on campus Monday/Wednesday/Friday (FoSEM Education and Students Office, Chichester 1) and also available on Teams or email if you want someone to listen and chat to over a (real or virtual) cup of tea.	amy.wilkins@sussex.ac.uk
Ben Spencer	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 b.spencer@sussex.ac.uk	b.spencer@sussex.ac.uk
Betty O’Leary	I’ve faced my own struggles with mental health for a long time, so I really understand how isolating it can feel. I’m excited to create a welcoming space where people can talk about their experiences and explore possible solutions together. I’m passionate about clear communication, which is why I’m getting involved in the Open Listening Project on campus. I also have a special interest in neurodiversity, particularly ADHD in women, since it’s something I deal with too. I believe that being honest and open about our mental health can make a huge difference—it can literally save lives! I’m grateful for the chance to connect and give back in this way.	b.oleary@sussex.ac.uk
Carrie Prew	Carrie works in Digital & Creative Media. Bio awaited.	C.Prew@sussex.ac.uk
Charlotte Bowler	Charlotte works in Student Experiential Services, bio awaited.	C.Bowler@sussex.ac.uk
Chloe Murphy	As a writer, much of my time involves listening to people's stories and making them feel safe and heard. This care carries through to my role as a Mental Health First Aider - I hold space for honest, human conversations, and I'm always happy to offer a confidential chat in person or online.	c.j.murphy@sussex.ac.uk

Name	Bio	Contact email address
Chris Hamilton	Chris is the Apprenticeships Officer at Sussex. Bio awaited	Chris.Hamilton@sussex.ac.uk
Clare Brown	I work in an administrative capacity in the Faculty of Social Sciences, while also undertaking postgraduate studies. As part of the LGBTQI+ community I'm passionate about diversity and inclusion for everyone. As someone who has struggled with health issues, I understand the mental health struggles that come hand in hand with living with chronic illness and pain. I work part-time and my working days at Sussex University are Mondays, Tuesdays and Thursdays.	clare.brown@sussex.ac.uk
Cyndy Gould	Cyndy works in HR. Bio awaited.	Cyndy.Gould@sussex.ac.uk
Danny Weddup	I qualified as a Mental Health First Aider in March 2026. Being able to speak about our mental health at work, support each other when we are struggling, and access professional support when needed is so important, and I'm pleased to be part of creating a workplace culture that is mental-health-literate. I work in the Disability Advice team, based in the Student Centre, and I'm happy to have conversations with colleagues about mental health and mental health support. I am also a member of the LGBTQ+ community and have experience providing bereavement support.	d.weddup@sussex.ac.uk
Deema Sonbol	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.	D.Sonbol@sussex.ac.uk
Dominic O'Brien	I have been a Mental Health First Aider for 6 years now, and in that time, I have seen on many occasions just how important that provision is. Mental health is often neglected with a mentality of 'pushing through', which is ultimately detrimental. Being able to help people in times of challenging mental health by creating a safe, open and empathetic space is something that is very important to me, with students and colleagues alike. I am always happy to chat, or even just offer a listening ear.	D.O-Brien@sussex.ac.uk
Doran Amos	I am happy to offer a safe and confidential space in person or over Zoom to listen to whatever you need to talk about. I have lived experience of depression and of work-related burnout, so I know how important it is to put mental health first. I'm based in Life Sciences, where I work as a Lecturer in Neuroscience.	d.p.amos@sussex.ac.uk
Edwin Gilson	I became a Mental Health First Aider in 2025. I currently work on the university website and have a background in communications and academia, so I understand the stresses (and rewards!) that can come with those professions (and working at a university more generally). Please do get in touch if you want to talk things over, I am all ears.	E.Gilson@sussex.ac.uk
Ellen Thomas	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	Ellen.Thomas@sussex.ac.uk
Ellie Bennett	I became a qualified Mental Health First Aider in December 2024, after completing numerous other in-house and external Mental Health awareness training courses. I am solo parenting tween-age neurodivergent twins, am perimenopausal and have been through significant life challenges myself during the 15+ years I have been employed at Sussex, so I bring a lot of life experience to the role. I love to exercise and get outdoors to enjoy nature. I also love spending time with my amazing and close-knit family and friends, who have been a positive grounding influence in my	e.j.bennett@sussex.ac.uk

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	life. I'm currently re-training to become a qualified counsellor and psychotherapist and feel these skills learnt in my training will be of great benefit to me as a Mental Health First Aider.	
Eva Wallis	I became a trained Mental Health First Aider in 2026 as I believe that everyone feeling comfortable to have conversations about mental health is the first step to tackling stigma surrounding mental health. As someone living with a bipolar disorder diagnosis, I know first-hand how important it is to be able to have non-judgemental conversations with people who listen and can point towards the right directions for support. Now that I have reached a point where my own mental health is stable and mental wellbeing is positive, I feel I can now offer an understanding and compassionate space for others that would like support. Please feel free to reach out to me if you are worried about your, or someone else's, mental health. I am based in the School of Life Sciences in the JMS building and happy to meet in person or virtually.	E.L.Wallis@sussex.ac.uk
Faye Brockwell	I work in Educational Enhancement, supporting academic and PS staff, and trained as a Mental Health First Aider at the end of 2025. Having lived with anxiety for many years myself, I know how much it helps to just be able to share what's on your mind. So if you're struggling at the moment and need someone to talk to, I'm here to listen. I work Monday to Thursday, and am usually on campus Mondays and Wednesdays (but can also meet/chat on Teams).	f.brockwell@sussex.ac.uk
Gavin Mensah-Coker	I am Joint Head of the Department of Language Studies (English Language & Intercultural Communication). I am also Chair of Black at Sussex and the Director of Teaching & Learning on the Central Foundation Year. Alongside these roles, I have had extensive knowledge of EDI issues and in particular with relation to race, ethnicity, sexuality and neurodiversity, both in terms of lived experience and research and policy making. I am very happy to listen and chat in confidence where suits you best.	glm27@sussex.ac.uk
Gemma Hamilton	Gemma works in BSMS. Bio awaited.	g.a.hamilton@sussex.ac.uk
Grace Stewart (currently on maternity leave until spring 2027)	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.	Grace.Stewart@sussex.ac.uk
Harleigh Angel	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.	H.Angel@bsms.ac.uk
Hayley Armstrong	Hayley works in Student Experiential Services. Bio awaited.	Hla29@sussex.ac.uk
Helen McGlead	Helen works in Student Advice and Guidance. Bio awaited.	h.mcglead@sussex.ac.uk
Hermione Chappelle	Hermione works in the Student Engagement team. Bio awaited	hl386@sussex.ac.uk

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Ian Angell	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.	i.angell@bsms.ac.uk
Ilona Bowyer	I have worked in mental health support and counselling services since 2012 and am a qualified psychotherapist. If you are struggling with your mental health or are worried about a colleague, do reach out. I am happy to chat either online or in-person.	I.Bowyer@sussex.ac.uk
Inyaki Pueyo-Marques	Inyaki works in BSMS, bio awaited.	J.Pueyo-Marques@bsms.ac.uk
Jack Ambridge	I became a Mental Health First Aider in 2025, and mental health has always been important to me. As a member of the LGBTQ+ community with lived experience of anxiety, panic attacks, and depression, I know the value of being heard without judgment, and how a sense of belonging and acceptance contributes to good wellbeing. I believe in challenging the stigma that mental health difficulties reflect personal weakness, especially in the workplace - these experiences can actually build incredible empathy and resilience when we feel supported by those around us.	J.Ambridge@sussex.ac.uk
Jackie Knight	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. I am happy to be contacted if you would like to have a confidential chat.	J.knight@bsms.ac.uk
James Ward-Lee	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!	J.Ward-Lee@sussex.ac.uk
James King	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	j.n.king@sussex.ac.uk
Jasmine Tse	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	j.tse@sussex.ac.uk
Jess Daniels	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.	J.Daniels@bsms.ac.uk
Jo Robinson	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.	J.C.Robinson@sussex.ac.uk

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Jo White	I've been a Mental Health First Aider since 2024, but have a long history of supporting colleagues, friends and family with their mental health. As an ex secondary school teacher, I am experienced in dealing with the trials and tribulations of the teenage years and have expertise in supporting neurodiverse, trans and gender questioning students. I'm also a working mother of three grown up children so understand the importance of caring for your own mental health. I'm here if you need a confidential ear. Happy to meet in person or online.	jo.white@sussex.ac.uk
Jo Yeoman	I became a mental health first aider in 2025. I have lots of experience of working with people with Specific Learning Differences, Neurodivergence, long-term health conditions and mental health conditions. I would be happy to connect with anyone who would like to talk about the difficulties they are facing. I believe in community wellbeing and normalizing conversations around mental health. In my spare time I like to practice yoga and meditation.	J.K.Yeoman@sussex.ac.uk
Jocelyn Price	Jocelyn works in Education & Social Work, bio awaited.	Jocelyn.Price@sussex.ac.uk
Juliet Kneller	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	bsms9328@sussex.ac.uk
Kane Aris	I work in ACCA technical services.	k.aris@sussex.ac.uk
Katie Eldridge	I offer a safe, non-judgemental space where you can talk openly about whatever is on your mind. I understand that life can feel really demanding at times, and that looking after our own wellbeing can sometimes end up at the bottom of the list. As part of my training as a counsellor and psychotherapist, alongside completing MHFA training, I have developed a deep appreciation for how powerful it can be to feel properly listened to. Whether you're going through a difficult time, feeling overwhelmed, or simply need someone to talk things through with, I offer a friendly, confidential space where you can feel heard, supported, and most importantly, not alone.	K.Eldridge@sussex.ac.uk
Katie Oram	Katie works in HR. Bio awaited.	K.L.Oram@sussex.ac.uk
Keira Thomas	Having supported individuals from a diverse range of backgrounds and having personal experience of mental health, 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 Co-Chair of the LGBTQ+ Staff Network, Equality, Diversity and Inclusion Champion for the Division of Student Experience, and previous volunteer experience at West Sussex Mind.	kt436@sussex.ac.uk
Kirsty Hart	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	Kirsty.Hart@sussex.ac.uk

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Laura Gallaher	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.	lg405@sussex.ac.uk
Laura Tolhurst	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	L.Tolhurst@sussex.ac.uk
Leona Farrugia	Leona works in Student Advice and Guidance. Bio awaited	leona.farrugia@sussex.ac.uk
Liliane Zagnoli-Vieira	I'm quite new to MHFA, and I'm really looking forward to support you. I'm originally from Brazil and moved to the UK 18 years ago, which has been a journey of growth, resilience, and building a life far from home. I'm also a mother of three very active boys who keep me on my toes and constantly remind me of the importance of empathy, patience, and connection. Please feel free to reach out if you'd like to talk, share, or simply connect. If you feel I might be someone you can open up to, I would be honoured to listen.	L.Zagnoli-Vieira@sussex.ac.uk
Lily King	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.	Lily.King@sussex.ac.uk
Lily Murphy	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.	alm50@sussex.ac.uk
Lisa McDonald	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.	L.Mcdonald@sussex.ac.uk
Louise Harman	I became a trained Mental Health First Aider as I wanted to be someone others could turn to when things feel difficult. I believe in approaching challenging subjects with curiosity rather than fear or shame, and that this helps us not only better understand ourselves, but also each other. I am based in the Student Centre and am always happy to offer a non-judgemental ear if you need someone to talk to. Outside of work, I'm either out on my bike for an adventure or being dragged around by my rescue dog, Rosie—animals have a way of keeping you present and taking things one day at a time.	L.K.Harman@sussex.ac.uk
Luke Terrill	I completed my MHFA qualification in May 2025. I currently work in Sussexsport and I am always happy to have a confidential chat about any mental health worries you may have about yourself or colleagues. Happy to meet in person or virtually.	L.o.terrill@sussex.ac.uk

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Maisie Flood	Hey! I'm one of the Student Experience Coordinators in FoSEM and I've been MHFA-trained since 2024. Mental health is always a priority so I'm happy to chat in person or online and offer a safe and confidential space to listen and signpost support. I'm on campus Wednesdays, Thursdays, and every other Monday. Feel free to drop me an email or a Teams message to get in touch.	M.Flood@sussex.ac.uk
Matthew Oades	Matthew works in International Office. Bio awaited.	M.Oades@sussex.ac.uk
Meg Sweeney	I work in Global Engagement and completed my Mental Health First Aider training in December 2024. With my own experience of PTSD, I really believe in the importance of open, compassionate and non-judgemental conversations about mental health. I'm happy to talk to someone if they are worried about their mental health, either in person or online.	M.Sweeney@sussex.ac.uk
Mia Sime-Malaree	Mia works in the Library. Bio awaited.	MIls38@sussex.ac.uk
Mike Davy	I work in the Faculty of Social Sciences as a Senior Research Coordinator. I studied Art History at Sussex and have been around for quite a long time! My passions include literature, music and running. If you need someone to listen to you or just chat things over in confidence, then please get in touch!	M.J.Davy@sussex.ac.uk
Molly Crossthwaite	Molly works in Student Experiential Services. Bio awaited	M.Crossthwaite@sussex.ac.uk
Nadia Pattenden	Hi, I'm Nadia and I have been in several roles in the University since I started here nearly 20 years ago, including HR, Student Experience and Library, Culture & Heritage. I've had personal experience of the impact that mental health issues can have on an individual – and those who care about them – and I am very happy to be contacted for a chat in whatever form works best	N.Pattenden@sussex.ac.uk
Naomi Bennett	Naomi works in Student Experiential Services. Bio awaited.	
Naomi Harris	I am a mental health first aider and am more than happy for you to contact me for a conversation. I know that it can be intimidating asking for help, so the conversation can be very casual so that you feel comfortable. Only when you do, we can talk and I can listen and help get you the support that works best for you. My main role is in Student Wellbeing and I'm also on the committee of the Staff Disability Network.	Naomi.Harris@sussex.ac.uk
Natasha Everard	Natasha works in Student Experiential Services, bio awaited.	N.Everard@sussex.ac.uk
Nichola Sedge	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.	N.Sedge@sussex.ac.uk

Name	Bio	Contact email address
Nicola Parsons	<p>I became a trained Mental Health First Aider in 2004, inspired by family experiences of mental health challenges and neurodiversity, this has given me a strong desire to support others. Over the years, I've worked closely with neurodiverse students and employees, helping them manage their mental health and I also bring experience as a complementary therapist and trained coach.</p> <p>I believe it's vital that we feel able to open up and talk about mental health struggles to support each other's wellbeing. Having someone to listen can make a real difference, and I'm here if you need that space, I can meet either in person or virtually.</p>	<p>n.parsons@sussex.ac.uk</p>
Nicole Peli	<p>I recently trained as a Mental Health First Aider in 2025 and work in Professional Services in the Faculty of Media, Arts and Humanities. I have two grown up children and an elderly father. In my spare time, enjoy walking my dog and keeping active through fitness such as yoga, Pilates and cycling. Mental health affects us all; I have seen this in my own family and in supporting students in my work. Take that first step - please reach out if you just need someone to talk to or would like signposting to trustworthy resources of support. I am happy to meet in person or on Teams.</p>	<p>np280@sussex.ac.uk</p>
Nikki Giles	<p>I have volunteered as a Samaritan, which taught me the importance of listening without judgement and offering a calm, confidential space. I have lived experience of sudden bereavement and of supporting people in distress, which has shaped my belief in honest, compassionate conversations during difficult times. I'm here if you're worried about your own mental health or concerned about someone else, and I can meet in person or virtually.</p>	<p>N.C.Giles@sussex.ac.uk</p>
Oli Steele	<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>O.Steele@BSMS.ac.uk</p>
Paven Basuita	<p>I am a big believer in talking about life's challenges as well as trying to appreciate the good things. I have two kids and becoming a mum has certainly challenged my mental health! I think I am a good listener – I've had lots of practice from being an academic advisor for students to my former life as a family lawyer. Feel free to drop me a line if you'd like to meet up for a chat/walk/cuppa.</p>	<p>P.K.Basuita@sussex.ac.uk</p>
Rachel Thomson	<p>I am an academic in the School of Education and Social Work – now working reduced hours and with time and interest to listen to colleagues who may need to talk or remember what self-care looks like.</p>	<p>R.Thomson@sussex.ac.uk</p>
Sam Bates	<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>S.R.Bates@sussex.ac.uk</p>
Sarah Cox	<p>I am a qualified Mental Health First Aider with over 20 years' experience working in the University's HR Division. Throughout my career, I have supported colleagues through sensitive, personal and often confidential situations, and I am committed to providing a safe, non-judgemental space for anyone who needs someone to listen.</p>	<p>s.j.cox@sussex.ac.uk</p>

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Scarlett Molyneaux	Scarlett works in Student Experiential Services, bio awaited.	Sm2244@sussex.ac.uk
Sonia Khan	Sonia works in BSMS. Bio awaited.	bsms9h20@sussex.ac.uk
Sonya Barnett	Need someone to listen to you? I am friendly approachable and have been here at Sussex for over 18 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.	S.R.Barnett@sussex.ac.uk
Sophie Corton	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	S.C.Corton@sussex.ac.uk
Sophie Valeix	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.	S.Valeix@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	s.cruttwell@bsms.ac.uk
Tahsin Ahmed	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	Tahsin.Ahmed@sussex.ac.uk
Taka Hara	I became interested in training for Mental Health First Aider through my own wellbeing challenges, as well as my close friend's journey to recover from a mental illness. I am a proud dad of two rescue cats, an avid runner and a practising artist. I am happy to offer a non-judgmental friendly face to have a chat with about anything if you have any concerns.	T.Hara@sussex.ac.uk
Tania Vaughan	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.	t.vaughan@bsms.ac.uk
Vicki Love	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.	v.love@sussex.ac.uk

Name	Bio	Contact email address
Vicky Raynard	Vicky works in Careers and Entrepreneurship. Bio awaited	v.raynard@sussex.ac.uk
Wyane Fong	I came to study at Sussex as an international student and have been working in the UK since 2021. Navigating life in a new country, I have faced many barriers and understand how overwhelming things can sometimes feel. Alongside this, I love sports and have undergone a major sports injury during which I battled with my mental health during my recovery. If you feel that speaking with me might be helpful, please do not hesitate to reach out. You can also find me at the Student Centre if you would prefer to meet in-person – I always welcome a stroll and chat.	w.fong@sussex.ac.uk