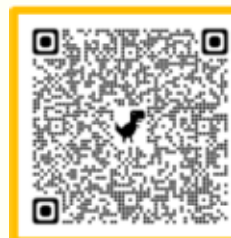


Meet Your Mental Health First Aiders

It's good to talk!



Further Mental Health First Aiders from the wider MPLS community can be found using the QR code to the left.

Diana Passmore
Holder
Room 30.35
Diana.Passmore@materials.ox.ac.uk



Philippa Moss
Hume-Rothery
Room 30.05
Philippa.moss@materials.ox.ac.uk



Sergio Lozano-Perez
Holder
Room 30.06
Sergio.Lozano-perez@materials.ox.ac.uk



Nicola Flanagan
Begbroke
Hirsch
317.20.11
nicola.Flanagan@materials.ox.ac.uk



Please also visit the following Wellbein websites from the University:

For Staff



For Students



Are you feeling....

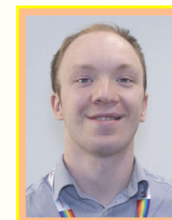
- ...Under pressure?
- ...Lonely?
- ...Anxious?
- ...Unhappy?
- ...Confused?
- ...Overwhelmed?

Do you or a colleague need emotional support?
Talking to us could be your first step to feeling better.

We're not healthcare professionals, but we are trained to listen and guide you to appropriate support, if you need it.



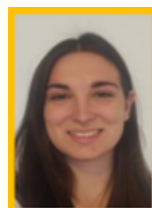
Samantha Pearce
Hirsch
Room 317.10.10
samantha.pearce@materials.ox.ac.uk



Thomas Heath
Hume Rothery
Room 30.05
Thomas.heath@materials.ox.ac.uk



Yige Sun
Begbroke
Hirsch
317.10.02
Yige.sun@materials.ox.ac.uk



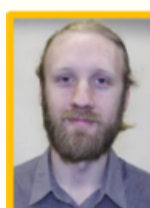
Emily Milan
Rex Richards
Room 10.03
Emily.
milan@materials.ox.ac.uk



Julie Carlin
Hume-Rothery
Room Level 2
30.14
Julie.carlin@materials.ox.ac.uk



Stan Zankowski
Begbroke
Hirsch 317.10.02
Stanislaw.zankowski@materials.ox.ac.uk



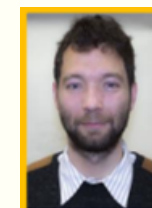
Joshua Gibson
Rex Richards
Room 20.43
Joshua.Gibson@materials.ox.ac.uk



Yvonne Chart
Rex Richards
Room 10.03
Yvonne.chart@materials.ox.ac.uk



Neil Young
Holder
Room 30.13
Neil.young@materials.ox.ac.uk



Andrey Poletayev
Rex Richards
Room 40.32
Andrey.poletayev@materials.ox.ac.uk