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. Contact Dominic D.O'Brien@bsms.ac.uk	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 Contact Ellen Ellen.Thomas@sussex.ac.uk	I became a MHFA in 2017 after getting support for my own depression/anxiety which is currently well managed. I work Monday, Tuesday and Thursdays in JMS and happy to meet in person or Teams/Zoom. I am here to listen with an open, compassionate mind and non-judgementally Contact Emily ew290@sussex.ac.uk		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. Contact Gavin glm27@sussex.ac.uk	Contact Holly hf245@sussex.ac.uk

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 Contact Jackie J.knight@bsms.ac.uk	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! Contact James J.Ward-Lee@sussex.ac.uk				

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! Contact Mike m.j.davy@sussex.ac.uk	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. Contact Naomi naomi.harris@sussex.ac.uk	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. Contact Nichola NC354@sussex.ac.uk	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. Contact Paul pag24@sussex.ac.uk	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! Contact Pav P.Virk@sussex.ac.uk	Hello I'm Rhys, a lecturer and researcher in the School of Life Sciences. 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 Contact Rhys Rhys.Morgan@sussex.ac.uk