Your Mental Health First Aiders are

School of Computer Science Mental Health First aiders:

- Clair Kirk (Welfare officer), Clair.Kirk@Nottingham.ac.uk, Room: A07, Tel: 0773035945
- Gail Hopkins, Gail.Hopkins@Nottingham.ac.uk, Room: C14, Tel: 0115 84 66508
- Andrea Haworth, Andrea.Haworth@Nottingham.ac.uk, Room: CDT, Tel: 0115 82 32316
- Sarah Martindale, Sarah.Martindale@Nottingham.ac.uk, Room: CDT or NGB C floor, Tel: 0115 82 32556
- Alex Velvet Spors (PGR student), Velvet.Spors@Nottingham.ac.uk, Room: C08 or CDT
- Fraz Aslam Chaudhry (PGR student) Fraz.Chaudhry@Nottingham.ac.uk, Room: B38 or CDT

If you would like any more information mental health first aiders at the school please visit the EDI web page: https://www.nottingham.ac.uk/computerscience/equality-diversity-and-inclusion/equality-diversity-and-inclusion.aspx

There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at University Of Nottingham Please contact the Student Services Welfare team