

Your Mental Health First Aiders are here for you

Jackie Adams



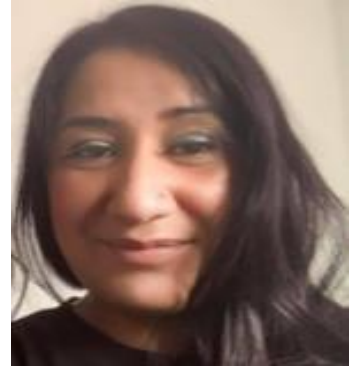
Clinical Matron

Katie Backholer



Logistics Coordinator

Sema Kasbia



Patient Coordinator

First Aider

Fire Warden

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 GP Care UK Ltd please contact Jackie, Katie or Sema.

Training provided by



MHFA England
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