



Your Qualified Mental Health First Aiders Are



Charlotte Harkin

Group HR & Compliance Director
charlotte.harkin@jarell.co.uk
07949 040 510



Claire Mattocks

Finance Manager
claire@headofficeaccounts.com
01922 663 419 | 07949 099 432



Sue Mantle

Head of Recruitment
sue.mantle@coguk.com
0121 796 4246 | 07375995576



Brendan Moran

Head of Operations
brendan.moran@coguk.com
01775 665919



Andreia De Almeida

Onsite Consultant
andreia.dealmeida@coguk.com
07860 940 051

A Mental Health First Aider (MHFAider) is a trained individual who spots early signs of mental ill-health, provides initial non-judgmental support, and guides people toward professional help. They act as a point of contact for colleagues or peers in distress, offering reassurance, reducing stigma, and initiating conversations in a safe, confidential space.