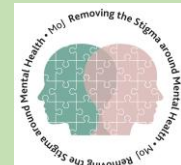





MHA Debrief Allies



Meet your Debrief Allies that are an extra source of support for mental health allies who may need time to talk and share in a controlled, structured environment.

An opportunity to speak with a trained Debrief Ally will enable individuals to reflect upon a recent experience, discuss what went well, and access individual support that may be required.

Debriefing is usually carried out within three to seven days of an incident, when colleagues have had enough time to take in the experience. Debriefing is not counselling. It is a structured voluntary discussion aimed at putting an upsetting event into perspective.

	<p>Name: David Jukes Business Group: NCES, HMCTS Based: Teesside Justice Centre, Middlesbrough, TS1 2AS Email: david.jukes@justice.gov.uk Phone: 01642 261653</p>	<p>I have experience of supporting people with poor mental health both personally and within the workplace. I have a caring and understanding nature that is always willing to listen and support. I strongly believe in looking after ourselves by promoting activities and events that help with our mental wellbeing.</p>
	<p>Name: Amina Mohammed Business Group: OPG Based: AXIS Building Holliday Street Birmingham B2 2WH Email: Amina.Mohammed1@Publicguardian.gov.uk Phone: 07510588064 (0121 600 6161)</p>	<p>I am a certified mental health first aider, passionate about supporting people in any capacity. I am also an anti-bullying and harassment advisor for the MOJ, a mentor and equality advocate. I believe in giving everyone an opportunity to bring their best selves to work and providing whatever reasonable support possible to help them achieve this.</p>
	<p>Name: Julie Watson Business Group: HMCTS Based: County Durham and Darlington Magistrates Court, Central Avenue, Newton Aycliffe, Co Durham, DL5 5RT Email: julie.watson@Justice.gov.uk Phone: 01325327656</p>	<p>I have been a Mental Health Ally for 3 years. I have successfully completed the CACHE Level 2 Certificate in Awareness of Mental Health Problems. I am passionate about assisting people with their Mental Health after supporting a close family member for the past 4 years.</p>



Name Carl Bryce
Business Group Cafcass
Based 7th Floor Piccadilly Gate, Store Street Manchester, M1 2WD
Email carl.bryce@cafcass.gov.uk
Phone 07771 343179

I have been in the health industry for 15 years, where I started out as a Physical Training Instructor in the British Army, Personal Trainer and Sport Massage Therapist. As I was passionate about supporting the mental wellbeing of others as well as their physical wellbeing, I subsequently completed an Undergraduate degree in Psychology and a Master's degree in Health Psychology after I left Armed Service. Over the past 5 years I have specialised in workplace wellbeing, supporting staff in wide range of roles, including social workers, NHS nurses, physio's, business administration, call centre handlers, IT support and managers.



Name Jamie Butt
Business Group LAA, Contract Management & Assurance
Based South Tyneside
Email jamie.butt@justice.gov.uk
Phone 07773597452

Mental Health Ally and advocate with a broad understanding of mental health conditions and experience of supporting those with depression, anxiety and PTSD.

I pride myself on being a supportive, attentive listener and have a genuine passion for helping others overcome difficulties arising from poor mental health.



Name Louise Colledge
Business Group Probate National Business Centre
Based Newcastle Probate Registry, 1 Waterloo Square, Newcastle Upon Tyne, NE1 4DR
Email louise.colledge@justice.gov.uk
Phone 07876 005491

I yearn to make a difference for all aspects of mental health and wellbeing, with a focus on the individual's needs by listening, reflecting and encouraging steer to help everyone. I actively promote this area of work and prioritise this in all I do.



Name Rowena Littlewood
Business Group HMCTS
Based 2nd Floor, 5 Wellington Place, Leeds, LS1 4AP
Email rowena.littlewood@justice.gov.uk
Phone 07892 725089

I am committed to supporting and improving workplace mental wellbeing whereby every individual realises their own potential, can cope with the normal stresses of life, can work productively and is able to access support when needed.



Name Sarah Edwards
Business Group HMCTS
Based East Hampshire Magistrates' Court, Winston Churchill Avenue, Portsmouth, Hampshire, PO1 2DQ
Email sarah.edwards1@justice.gov.uk
Phone 07866 895091

I am passionate about providing support for others that need a listening ear. I am about to finish a level 4 diploma in counselling and psychotherapy and volunteer as a counsellor with two bereavement charities in my spare time and have over 100 hours of client experience.



Name: Helen Langhorn
Business Group: NCES (HMCTS)
Based Greater Manchester Accounts and Enforcement Unit, 2nd Floor, Manchester City Magistrates Court, Crown Square, Manchester. M60 1PR
Email helen.langhorn@justice.gov.uk
Phone 0161 830 4214

I have myself suffered with anxiety and post-traumatic stress. I am friendly and approachable and will listen attentively. I have an open mind and engage with the teams in my workplace about improving our mental health with fun activities as well as serious conversations.



Name: Jo-Ann Monaghan
Business Group: HMCTS – South East
Based Maidstone Magistrates' Court
Email jo-ann.monaghan@justice.gov.uk
Phone 07776186932

I am the Engagement, Wellbeing and Diversity lead for the South East Region and lead the Mental Health Ally team across the South East. I am a Mental Health First Aider and combine my knowledge of physical and mental wellbeing in my approach to break down the stigma around Mental Health. I enjoy researching wellbeing and health generally and find that my personal drive to find out more keeps me connected to new and innovative support/thought in the wellbeing space. I believe that together, we really can make a difference.