



Greater Mersey branch area

L & CH POSTCODES mental health first aiders & Mental Health Ambassador list

Denotes MHFA & MH Ambassador *Denotes CWU / MHFA England trained

JAMIE MCGOVERN CWU ASR # & MHFA TUTOR SEAN THORNTON OPG –LIVERPOOL SOUTH MPU #*



“Don’t ever give in to stigma”



“Don’t let your struggle become your identity.”

COLIN HUGHES- OPG WALTON D.O. #*

ROBYN CONNOR McCoy PHG #– WEST DERBY D.O



“It’s OK not to be OK”



“ Self-care is how you take your power back”

STEVE Mc COY- WEST DERBY D.O *

STEVE HILTON OPG – LIVERPOOL SEDO



“Mental Illness is not a personal failure”



“ Sharing the journey makes it so much better”

COLIN KNOWLES- PRESCOT D.O.*



“There is no health without mental health.”

MARVIN BOWERS – BOOTLE D.O.*



“Not all wounds are visible.”

CLAIR KAMI- HUYTON D.O. *



“It’s not weak to speak.”

CARL IRELAND – WOOLTON D.O.*



“Don’t be ashamed of your story. It will inspire others.”

SARAH FOSTER WOOD – KIRKBY D.O. #*



“Mental health is a disability, Not a decision”

BILLY BRISTOW OPG- KIRKBY D.O. #



“The only journey is the journey within.”

KEVIN MAGUIRE – WEST DERBY* D.O



‘Healthy minds matter’

JAMES MORGAN PHG– BIRKENHEAD D.O. # *



‘Embrace difference, we are all unique’

JOHN MURRAY OPG – PRENTON D.O # *



‘Embrace positivity, shun negativity’

TIM EL-SHAWK- WALLASEY D.O. *



‘Mental Ill Health is not a weakness.’

CRAIG MAWDSLEY – WALLASEY D.O *



‘Our own discoveries assist recoveries’

GAYNOR SAUNDERS – WALLSEY D.O *



Listening is often the only thing needed
to help someone’

PAUL HARRISON – MORETON D.O.*



‘You can’t put a plaster on a wound you can’t see,
but you can talk it through’

KELLY SADLER – MORETON D.O.*



‘Change what you can, but manage
what you can’t ‘

SALLY TAYLOR – UPTON D.O. *



“You, yourself, as much as anybody else,
deserve your love and affection.

MARK EVANS- HESWALL D.O #*



‘Mental health is not infectious but positivity is’

DAVID BROWNBILL- HESWALL D.O *



'A diagnosis does not determine who you are'

DAVE FAIRCLOUGH – NEW FERRY D.O *



'You're braver than you believe'

COLLETE RYDER- E. PORT D.O *



'getting help isn't a sign of weakness,
it's a sign of strength'

DAMIAN GRIFFITHS – E PORT D.O *



'Mental Health is nothing to be ashamed of
but stigma and bias is'

STU HAZELDEN- WIGAN D.O *



TOMMY FITZPATRICK -PFW LIVERPOOL *



Don't judge my story by the chapter you walked in on.

ALISON BANKS WARRINGTON MPU *



It's never too early, or too late to
improve your mental health

JOHN RICHARDSON WARRINGTON MPU *



We're in this together

Preston Brook & bury branch area

HANNAH SADLER*



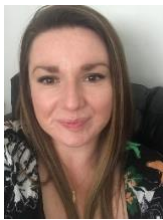
‘No matter what anybody tells you,
words and ideas can change the world’

NADEEM KHAN*



‘It’s Ok to be in need of help’

EMMA GARNER *



‘Just because you’re struggling,
It doesn’t mean you’re failing’

NICOLA CLARKE*



‘ Self-care is a necessity’

NIKKI BOOTH RMPFS rep *



‘Your story is your own,
never be ashamed to tell others’

