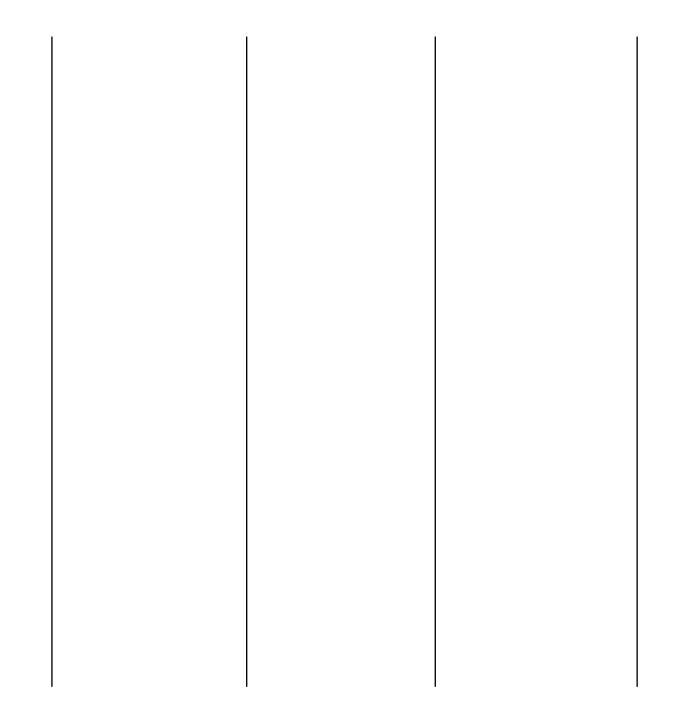
the Anatomy at the medical school and trained to be a mental health first aider after realising how important it is to be able to support my students through difficulties with the course or wider personal issues. Having support	student recruitment team. If you are having a hard time and want help or would just like to chat, I'm happy to help! You can find me in Bramber Floor 4, by 402B - or feel free to message me over Teams Contact Ellen <u>Ellen.Thomas@sussex.a</u> <u>c.uk</u>	I became a MHFA in 2017 after getting support for my own depression/anxiety which is currently well managed. I work Monday, Tuesday and Thursdays in JMS and happy to meet in person or Teams/Zoom. I am here to listen with an open, compassionate mind and non- judgementally Contact Emily <u>ew290@sussex.ac.uk</u>		Alongside my teaching role, I am an Academic Advisor for students on the Foundation Year and in the School of Media, Arts & Humanities. I am also the Equalities, Diversity & Inclusion Lead for Foundation Year and Deputy Race Equality Director in MAH. Happy to listen and chat in confidence where suits you best. Contact Gavin glm27@sussex.ac.uk	Contact Holly hf245@sussex.ac.uk
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I work in both ESW and LPS. I studied Art History at Sussex and have been around for quite a long time! If you need someone to listen to you or just chat things over in confidence, then please get in touch! Contact Mike <u>m.j.davy@sussex.ac.uk</u>
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