# St Mary’s Mental Health First Aiders

## FAQs and Contact Details

Your Mental Health is just as important as your Physical Health!

**What are Mental Health First Aiders?**

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.

**What happens if I speak to a Mental Health First Aider?**

The Mental Health First Aider will listen non-judgementally, give information about the options and support available to you, and offer encouragement and assistance accessing support if you need it. They offer a safe space to talk confidentially about what you’re going through.

**Will anyone know I’ve spoken to a Mental Health First Aider?**

No, what you tell Mental Health First Aiders will be kept in the strictest confidence, and they will not disclose who contacts them. The only exception is when the Mental Health First Aider is concerned for your safety, or the safety of someone else, and believes you could be at risk of serious harm. They will always tell you before disclosing information, and will work with you to ensure this is only people who need to know, and only the information those people need to keep you and others safe.

**Do Mental Health First Aiders report information to St Mary’s?**

Minimal information is collected for monitoring purposes. Identifiable information will never be reported, and no specific circumstances whatsoever are included. St Mary’s will not know who has spoken to a Mental Health First Aider. The information will be used to make sure Mental Health First Aiders are acting within the boundaries of their role, and to identify general trends. If you have any questions about what information is collected and how it will be used we encourage you to speak to the OD Team.

**What can Mental Health First Aiders help with?**

Mental Health First Aiders are trained to listen and signpost to support available to you. As such they can be a good first point of contact whether you just need someone to talk to, are struggling with a mental health problem, or are concerned about someone else. However, their role is limited to listening, signposting and encouragement. They cannot provide professional or medical advice, and they are not a substitute for professional support.

Contact details for the Mental Health First Aiders at St Mary’s can be found on page 2 of this document. For more information contact Maria Stopyra, Organisational Development Partner, maria.stopyra@stmarys.ac.uk / 020 8240 4392

## Your Mental Health First Aiders:

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| **Silvia Riva​, Senior Lecturer in Psychology:** silvia.riva@stmarys.ac.uk / 020 8240 1039 / L30 |
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