

MENTAL HEALTH FIRST-AIDERS



north west
regional college
Derry-Londonderry • Limavady • Strabane



Mental Health First Aid
MHFA
Adult

Approved and licensed in Northern Ireland by the Public Health Agency



Shannon Doherty

028 7127 8709

shannon.doherty@nwrc.ac.uk



Joseph McCarthy

028 7127 6096

joseph.mccarthy@nwrc.ac.uk



Majella Doherty

028 7127 8837

majella.doherty@nwrc.ac.uk



Lorna Quinn

028 7127 8714

lorna.quinn@nwrc.ac.uk



Alex Sheriff

028 7127 6171

alex.sherriff@nwrc.ac.uk



Catherine Donaghey

028 7127 8846

catherine.donaghey@nwrc.ac.uk



Aiden O'Donnell

028 7127 6019

aiden.odonnell@nwrc.ac.uk



Charley Cusack

028 7127 6366

charley.cusack@nwrc.ac.uk

OUR 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. THE FIRST AID IS GIVEN UNTIL APPROPRIATE PROFESSIONAL HELP IS RECEIVED, OR UNTIL THE CRISIS RESOLVES.