

# ASK YOUR MENTAL HEALTH FIRST AID SPECIALIST

HEALTHIER MIND

If you're interested in finding out more about Mental Health First Aider training send us an email.

We are qualified in Mental Health First Aid.



**HARJEET MOORE**  
HEAD OF PEOPLE  
ESS



**EVAN JUDGE**  
SENIOR HSE MANAGER  
Defence and Government  
Services



**ALLAN ERRINGTON**  
HSEQ MANAGER  
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Mental Health  
First Aider

MHFA England

If you have any queries, email and ask your ESS Nutrition and Wellbeing specialist at: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

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