

My name is Jawad and I work within the IT team.

I am an Application Support Analyst and also a First Aider.

I am also a Mental Health First Aider, and my role is to act as a first point of contact to people with mental health issues providing support and guidance to my staff and colleagues.

I encourage people to speak about emotional matters and mental health struggles more openly and positively in a workspace environment.

As a Mental Health First Aider, my role involves identifying, understanding, and helping someone who may be experiencing mental health issues.

I am always available as a first point of contact for my colleagues if they are experiencing emotional distress or suffering in silence with mental health problems such as stress, anxiety, or depression.