



Reach Out When You Need to Talk to Someone

If you're struggling with mental health or substance use, reach out to someone today.

Mental Health First Aid (MHFA) is a program designed to take the fear and hesitation out of conversations about mental health and substance abuse problems. Your MHFA-trained colleagues are here to listen and can help you connect with the support and resources you need.



Abby Richards	arichards@thgrp.com
Adam Mullis	amullis@usagg.com
Amy Bingham	amy.bingham@milestonelp.com
Amy Wright	amy.wright@milestonelp.com
Anne Smith	asmith1@thg.center
Chelete Burnett	cburnett@monumentchemical.com
Daniel Hernandez	dhernandez@thg.center
Eileen Dennie	edennie@thgrp.com
Ellen Moore	ellenm@thgrp.com
Emily Hamrick	ehamrick@thgrp.com
Eric Reno	eren@usagg.com
Freddie Lofton	fmlofton@thgrp.com
Holly Loos	hl@thgrp.com
Katie Bernard	kbernard@asphalt-materials.com
Kim Murphy	kim.murphy@heritage-enviro.com
Lisa Minter	lminter@thgrp.com

Madeline Kelly	mkelly@usagg.com
Matt Duncan	matt.duncan@theheritagegrp.com
Matt Kovach	mkovach@heritage-enviro.com
Nicole Goodnight	ngoodnight@envitainc.com
Randall Short	rshort@hrglab.com
Randle Russell	russell.randle@milestonelp.com
Rebekah Shaw	reshaw@heritage-enviro.com
Robert Jackson	rjackson@asphalt-materials.com
Savanna Jarmon	sjarmon@thgrp.com
Steph Kaiser	skaiser@thgrp.com
Taylor Cornelius	tcornelius@thgrp.com
Terry Massey	tmassey@thgrp.com
Todd Dobbs	tdobbs@thgrp.com

Would you like to sign up for an MHFA training? Email sjarmon@thgrp.com to learn more.