



Reach Out When You Need to Talk to Someone

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.

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

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
Chelsea Highsmith	chighsmith@usagg.com
Christian Harrison	chharrison@heritagebuilds.com
Cody Smitley	csmitley@thgrp.com
Courtney Schultz	cschultz@speedwaycp.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
Erin Bradburn	ebradburn@thg.center
Freddie Lofton	fmlofton@thgrp.com
Holly Loos	hl@thgrp.com
Jamie Kieffer	jkieffer@monumentchemical.com
Jenn Buell	jbuell@envitainc.com
Katie Bernard	kbernard@asphalt-materials.com
Katie Reese	dreese@milestonelp.com
Kelli Richard	keelliott@monumentchemical.com
Kelly Adams	keadams@thgrp.com
Kim Graham	kgraham@thgrp.com



Kyleigh O'Neal	koneal@milestonelp.com
Lisa Minter	lminter@thgrp.com
Lois Templin	ltemplin@thgrp.com
Madeline Kelly	mkelly@usagg.com
Marsha Hughes	mahughes@heritagebuilds.com
Matt Duncan	matt.duncan@theheritagegrp.com
Nicole Goodnight	ngoodnight@envitainc.com
Paige Lentz	plentz@thgrp.com
Randall Short	rshort@hrglab.com
Randle Russell	russell.randle@milestonelp.com
Robert Jackson	rjackson@asphalt-materials.com
Sara Pieroni	spieroni@asphalt-materials.com
Sarah Fladeland	sfladeland@thgrp.com
Savanna Jarmon	sjarmon@thgrp.com
Shaquille Breeding	sbreeding@milestonelp.com
Shayla Meinders	smeinders@usagg.com
Steph Kaiser	skaiser@thgrp.com
Taylor Cornelius	tcornelius@thgrp.com
Terry Massey	tmassey@thgrp.com
Tisha Talley	ttalley@asphalt-materials.com
Todd Dobbs	tdobbs@thgrp.com
Tonya Jeffries	tjeffries@monumentchemical.com