

Natasha Gordon is a Mental Health and Wellbeing Consultant, and part-time Head of Operations for Ruby Wax's Frazzled Cafe. Until very recently she was a Projects Manager at Wellcome Trust where she led the implementation and development of Mental Health First Aid and a proactive and preventative Mental Health Ambassador Network. The mission here was to give the right information and tools for staff to support staff in all manner of mental health problems, working to prevent mental ill-health at work, as well as showing internal and external observers that Wellcome take the mental and physical wellbeing of their staff seriously while encouraging other organisations to do the same.

Natasha completed her degree in English Literature in 2007 and went on to work at the Medical Research Council, Human Nutrition Research (HNR) Unit in Cambridge as an HR Advisor for 5 until moving to the Wellcome Trust Sanger Institute in 2013 as a Senior HR Advisor where she took up a Masters degree in Human Resource Management. The final thesis was an investigation into the unconscious bias within the recruitment process at HNR.

At the start of 2015, Natasha took up the position of Project Manager at the Wellcome Trust. The projects she oversaw were Mental Health and the creation of the International Fundersq Award; in the management skills for researchers.

Mental Health First Aid (MHFA) was first piloted at Wellcome in September 2015, with a successful launch in March 2016. The MHFA Network reached 50 members, surpassing the physical first aider numbers by almost 100% and saw a notable decline in overall sickness absence.