

## Worried about your mental health?

Mental health problems are common. One in four people will experience poor mental health at some point in their lives.

At Carnival UK we put our people's health and wellbeing first, that's why we encourage our people to become mentally health aware.

All of the fleet based individuals below have been trained to have greater mental health awareness. **Talk to them for confidential support.**

Sandra Thompson  
Linda Gapper  
Anna Thomas  
Michelle James  
Steven Strange  
Mark Buckle  
Robert Long  
John Val de la Cruz  
Helen Kimber  
Evans Hoyt  
Mike Jepson  
Tracy Hughes  
Lisa O'Connell  
Thomas Browning  
Paul Murphy  
Panagiotis Karadimas  
Karl Shepherd



HR Manager  
HR Manager  
HR Manager  
HR Manager  
HR Manager  
HR Manager  
Chief Engineer  
HR Manager  
Hotel General Manager  
Captain  
Chief Engineer  
HR Manager  
Hotel General Manager  
F&B Manager  
Housekeeping Manager  
Safety Officer  
Deputy Captain



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Ian Wynne-Smith  
Laurence Pilbeam  
Risha Chadha  
Biju Cheriyan  
Alessio Vanini  
John Brodie  
Hamish Sunter  
Helen Gough  
Patrick Maguire  
Paul Bailey  
Debs Thomsen  
Anthony Rodrigues  
Jordan Griffith  
Luko Vojvoda  
Phil Gouland  
Ivaylo Katranov  
Ivan Kastrev

Hotel General Manager  
Security Officer  
HR Manager  
Head Waiter  
F&B Manager  
Hotel General Manager  
Deputy Captain  
HR Manager  
Captain  
Chief Engineer  
Hotel General Manager  
Housekeeping Manager  
Hotel Operation Retail Manager  
Captain  
SETO  
SSE  
Deputy Captain



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Derek Gray  
Amanda O'Donnel  
Ian Herechuk  
David Lea  
Martin Allen  
Caroline Brown  
Andrew Jackson  
Peter Sugden  
Denzil D'Souza  
Glenn Milway  
Orla McCreesh  
Daniel Bale  
Matthew Nicholls  
David Phenix  
James Ingram  
Lindsay Petrie  
Christopher Wells  
David Shepherd

Captain  
HR Manager  
Hotel Operation Retail Manager  
F&B Manager  
Captain  
Environmental Officer  
Senior Doctor  
Security Officer  
Deputy Captain  
F&B Manager  
L&D Officer  
Senior Nurse  
Deputy Captain  
SETO  
Environmental Officer  
Safety Officer  
Captain  
Hotel General Manager



MHFA England

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**Fitzgerald Rodrigues**  
**Ross Wheeler**  
**Worrel Anthony Fernandes**  
**Lyuben Georgiev**  
**Gerry McCabe**  
**Martin Wilkins**  
**Neil Caroll**  
**Anthony Wallis**

**HORM**  
**Environmental Officer**  
**Asstistant Housekeeping Manager**  
**Staff Chief Engineer**  
**Senior Doctor**  
**Chief Security Officer**  
**Environmental Officer**  
**Chief Engineer**



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Holly Shawyer  
Hannah Cross  
Susanne Jovanovic  
Chris Wong  
Andrew Hanson  
Michelle Harradence  
Alison Ault  
Jessica Biggerstaff  
Gareth Watt  
Vanda Forward  
Andy Gordon  
Naomi Clarke  
Peter Hutchison  
James Stride  
Hannah Leach  
Tracy Jessop  
Glenn Reynolds-Viljoen

Employee Experience  
Resourcing & Onboarding  
Resourcing & Onboarding  
IT  
IT  
Learning  
IT  
CCO  
Shared Services  
Learning  
Maritime  
IT  
Maritime Leadership  
Maritime Governance  
People Leadership Team  
Guest Experience  
Guest Experience



MHFA England

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**Keren Taylor**  
**Nicola McIntosh**  
**Katrina Raynsford**  
**Andrea Reeves**  
**Katy Bateson**  
**Samantha Bell**  
**Andrew Baldwin**

**CCO**  
**CCO**  
**Learning**  
**People**  
**People**  
**IT**  
**Maritime**

