

Roisin Armstrong

Language(s) spoken: English

Role: Section Manager



Bio: As one of the College's trained Mental Health First Aiders (MHFA), I provide a confidential, non-judgemental space where colleagues experiencing stress, low mood, or workplace challenges can talk openly. The role is strictly confidential, and no information is ever passed on to anyone in the College. Over the years, I have supported colleagues through both complex and brief situations, and I find this work deeply rewarding. Knowing that a single conversation can make someone feel heard, understood, and less alone is one of the most meaningful aspects of my role at the College. I have always been motivated by a genuine commitment to supporting staff and students at NHLI, and this role allows me to contribute to a healthier, compassionate place to work and study for all.