



# Danielle Bridge

**Inspirational speaker • Chief Executive, ABC Life Support**

Danielle is the founder of ABC Life Support CIC, a First Aid training organisation, an associate instructor for MHFA England as well as the Co-chair of Cambridge Mental Health Network.

She has delivered a number of courses and spoken at a number of events across all sectors and has the ability to adapt her delivery, accordingly, making each delivery unique to the client.

Danielle has a passion for delivering mental health first aid courses to people in the community where she uses her lived experience to help bring individuals together to learn about mental health, mental ill-health and mental illness. In doing so she is able to help break down stigma, decipher the jargon and empower people to take charge of their own journey.

As well as community work, Danielle is able to use her knowledge to be able to start important conversations within the workplace so that the learning goes towards the implementation of person centred systems which support people in the workplace.

## Talk topics

- ➔ Rise from adversity, My Life Story
- ➔ Mental Health and being a woman
- ➔ First Aid – A whole person approach
- ➔ Mental Health and workplace culture

## What people are saying

“ Danielle made the topic of mental health easy to talk about. Her honesty was refreshing and the time went too quick! Thank you. A great great day. ”

**One YMCA**

“ The motivational interviewing and mental health first aid sessions have made me want to do the full courses - I feel it would be valuable to me professionally and personally. ”

**Cambridge Housing Society Money Matters Conference**

“ I laughed and cried and still learnt a lot I could have listened to her all day. I would enjoy hearing more from her. ”

**National Enterprise Network**

“ I was at your talk at the WI last month and I wish I had heard this three years ago when I was suffering with mental health issues at the start of menopause! A really great and interactive talk, everyone should hear this. ”

**WI Great Ashby**

## Clients



## Find out more

**Looking for a speaker?** Contact Danielle Bridge on **07734 393719** or email **hello@daniellebridge.co.uk**