

# Personal Perspective: My experience of life in the Royal Navy

Petty Officer Abigail Wright

# Who am I? – PONN Wright

- BSc Psychology - NTU
- MSc Graduate Entry Nursing (MH) –UoN
- Cygnet Healthcare
- RN in 2020
- DCMH Portsmouth
- SUBFLOT
- DCMH Plymouth



Experience in working within all operational areas in which we deliver a capability; maritime, sub surface and land commitments with the Royal Marines.

# Recognition



- QARNNS (MH) Bob Morris Prize – Runner up 2023
- HMNB Clyde Spirit of Field Gun Winner - 2004
- Royal Navy Medical Services - Ruth Carter Prize Winner 2024
- Women in Defence Awards – Outstanding Contribution Winner 2025
- Women in Defence Awards – Women of the Year Winner 2025
- ONE CLYDE Annual H&S Excellent awards – Individual Achievement Winner 2025

# Women of the Year 2025

## Clyde

- Mental Health Fayres
- GamCare week
- Weekly relaxation sessions

## SM-

- Gaining lived experience
- Enhancing support provided to SMs upon return
- iPads

## Women - NSN

- Reuseable menstrual products trial
- Cdre SM, COB, RNP
- Personal safety classes



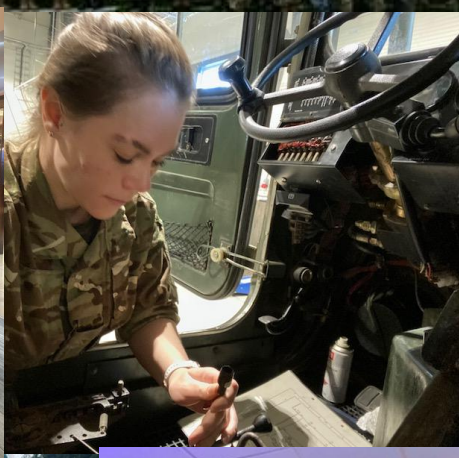
# MH Services in the RN



Prevent / Promote

Promote / Detect

Treat





Thank you for listening!

Any questions?

