

Free Resource Catalogue

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Introduction

The objectives of the Cameron Grant Memorial Trust are to raise awareness of suicide, to urge all who are suffering in silence to speak up and ask for help, and to support people, especially young people, who are fighting to overcome poor mental health.

Cameron Grant Memorial Trust was set up in memory of Cameron Grant, who took his own life when he was only 21 after a long but hidden history of depression. The Trust seeks innovative ways to spread the message '*There is always someone you can talk to.*' The use of [Cameron's Coasters](#) (drink mats), [Cards](#) (business cards) and [Wellbeing Postcards](#) printed with information about local and national mental health resources has been hugely successful, with over one million coasters printed and distributed to Universities, Schools, Colleges, Workplaces, Sports Clubs and other settings.

This spirit of innovation lives on, and since these early days, we've been adding additional 'assets' that we can distribute free to people who have a use for them. Remember, we want the message '*There is always someone you can talk to*' to be pervasive and the more ways we can do get the message out there, the better.

This brief catalogue lists all the resources we are currently distributing along with a brief description of each. Most are free, and most can be 'personalised' to reflect specific requirements (for example, with local mental health services), and where this is the case, it is indicated in the description.

If you have any questions about the Cameron Grant Memorial Trust or our resources, please contact us via any of the ways shown at the end of this catalogue.



Evan Grant
Chair of Trustees

Cameron's Coasters



Description Cardboard Drinks Mats, double sided, with mental health help information

Customisable Yes

How to Request So long as we have money, Coasters are available free in any reasonable quantity whether customised or with National Helplines as shown above. There is no minimum order quantity. Please request larger quantities in multiples of 125.

For further details, please see the last page of this catalogue.

Notes Coasters can be customised in many ways. Typically, we suggest adding contact details of local mental health resources, but Coasters can also be personalised with organisation names and logos (eg, London Fire Brigade or British Transport Police) and can be sector specific (we have some great ones for coffee shops and so on). The base Coaster colour can be altered too. See our website for examples: www.camgrant.org.uk/coasters

Cameron's Cards



Description Business Cards with mental health help information

Customisable Yes

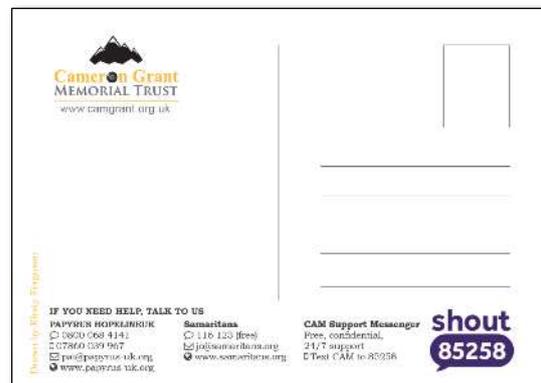
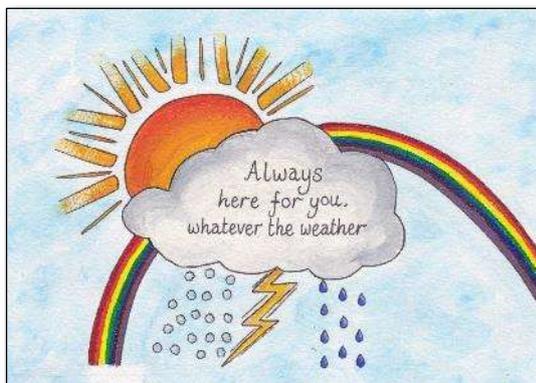
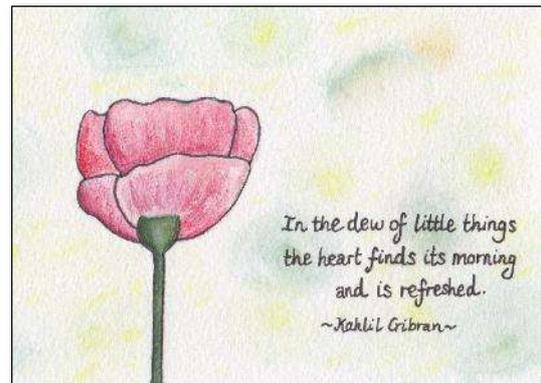
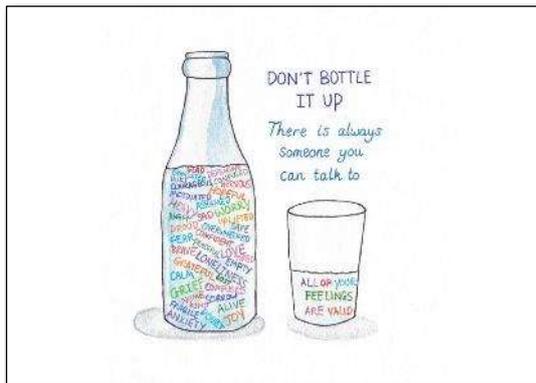
How to Request So long as we have money, Cards are available free in any reasonable quantity whether customised or with National Helplines as shown above. There is no minimum order quantity.

For further details, please see the last page of this catalogue.

Notes With mental health help information like Coasters but easy to slip into a wallet. Infinitely customisable by adding contact details of local mental health resources, by personalising with organisation names and logos and so on. See our website for examples:

www.camgrant.org.uk/cards

Wellbeing Postcards



Description Postcards with wellbeing designs on one side and mental health help information on the other.

Customisable No. We have 5 postcard designs, and all carry national helpline details for Samaritans, PAPYRUS Prevention of Young Suicide and Shout 85258

How to Request So long as we have money, Postcards are available free in any reasonable quantity. For further details, please see the last page of this catalogue.

Notes Colourful, engaging designs drawn by Kirsty Ferguson, Cameron's cousin. To see all 5 designs, please see our webpage: www.camgrant.org.uk/postcards

Water Bottles



Description Reusable aluminium water bottle with carabiner clip and mental health help information.

Customisable Yes

How to Request We seek grant funding to support each water bottle project. If you would like to discuss any water bottle design, please contact us in any of the ways shown on the last page of this catalogue.

Notes People who are homeless and sleeping rough suffer disproportionately from poor mental health and also from dehydration. Our water bottle aims to tackle both problems. The design above was distributed to rough sleepers in Coventry city centre and we are working with other councils to repeat the project.

A water bottle with mental health help information is useful much more widely and we have begun working on water bottles for schools.

For more information, please see our webpage:
www.camgrant.org.uk/water-bottles

How to Request Free Resources

To request any of the items above, whether customised or with National Helplines, please email us on info@camgrant.org.uk

You can also contact us as @CamMemorial on [Facebook](#), [Instagram](#) & [Twitter](#), call us on 07802 245 631 or mail us at 23 Belle Vue Terrace, Hampton-in-Arden, Solihull B92 0AR.

In addition, items with National Helplines can be requested free online from our webshop at cgmt.onlineweb.shop or by following the direct links below:



[Cameron's Coaster](#)



[Cameron's Card](#)



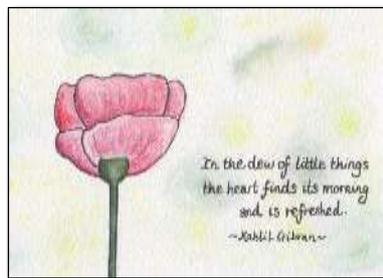
["Self-care" Postcard](#)



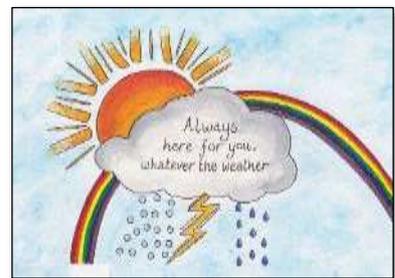
["Be Kind" Postcard](#)



["Bottle" Postcard](#)



["Poppy" Postcard](#)



["Weather" Postcard](#)