

BABLAKE SCHOOL
20 SEPTEMBER 2017



Cameron Grant

MEMORIAL TRUST



CONTENTS

- Cameron and the Memorial Trust
- Mental Health Awareness
- Night Walk!

CAMERON



<https://youtu.be/DdCbYUTC5D0>

**There is always
someone you
can talk to**

Cameron Grant
MEMORIAL TRUST



WWW.CAMGRANT.ORG.UK

info@camgrant.org.uk

“Don’t let this happen
to anyone else”



CGMT Objectives are to:

1. raise awareness of young suicide
2. urge all who are suffering in silence to speak up & ask for help
3. support all who are fighting to overcome poor mental health, especially young people, and especially where this can be done through outdoor activities like hill-walking and the Duke of Edinburgh's award
4. assist in the provision of education and support that will help to increase awareness and knowledge of the issues around mental health and well-being for all, and especially amongst young people

Registered with the Charity Commission (Charity No 1167221)

MENTAL HEALTH AWARENESS

Aims

- To raise awareness of Mental Health conditions
- To remove the stigma attached to having a Mental Illness
- To encourage all to speak freely of Mental Health
- To offer pointers to support

WHAT IS MEANT BY MENTAL HEALTH?

Mental Health

- Refers to how we think, feel & behave
- Mental Health problems can affect an individual's daily life, relationships or physical health

Mental **ill**-Health

- A broad term, used to describe the range of mental health problems; from those with mild symptoms to the most severe mental disorders.



EXAMPLES OF MENTAL HEALTH CONDITIONS

“Mental Health” refers to a wide range of conditions, including;

- Anorexia
- Depression
- Schizophrenia
- Bi-Polar Disorder
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Paranoia
- Phobia

CAN YOU MATCH THE CELEBRITY TO THEIR MENTAL HEALTH PROBLEM?



Jim Carrey - Actor



Frank Bruno - Boxer



Gail Porter - TV presenter



Kerry Katona - Reality TV contestant



Britney Spears - Singer



Stephen Fry - Writer/ presenter



GoK Wan - Fashion Designer



Terry Pratchett - Discworld Author



Patsy Palmer - Actor



Marcus Trescothick - Cricketer



Susan Boyle - Singer



Catherine Zeta Jones - Actor

Obsessive Compulsive Disorder
Depression
Stress-Related Illness
Alzheimer's Disease (Dementia)
Bi-Polar Disorder
Post Natal Depression
Panic Attacks



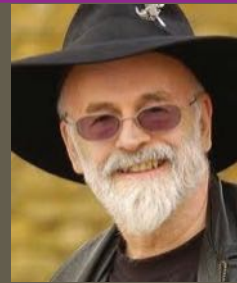
Jim Carrey – Actor

Depression



**Susan Boyle –
Singer**

**Stress-Related
Illness**



**Terry Pratchett –
Discworld Author**

**Alzheimer’s Disease
(Dementia)**



**Catherine Zeta-
Jones
Actress**

Bi-Polar Disorder



**Gail Porter – TV
presenter**

**Post Natal
Depression**



**Marcus Trescothick
– Cricketer**

Depression



**Britney Spears –
Singer**

Bi-Polar Disorder



**Stephen Fry –
Writer/ presenter**

Bi-Polar Disorder



**Frank Bruno -
Boxer**

Bi-Polar Disorder



**Patsy Palmer -
Actress**

Panic Attacks



**Gok Wan - Fashion
Expert**

**Obsessive
Compulsive
Disorder**



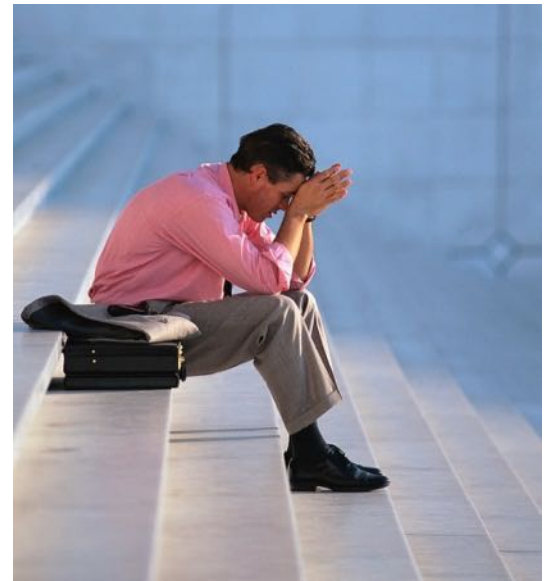
**Kerry Katona -
Reality TV
contestant**

Bi-Polar Disorder



POTENTIAL EFFECTS OF MENTAL HEALTH CONDITIONS

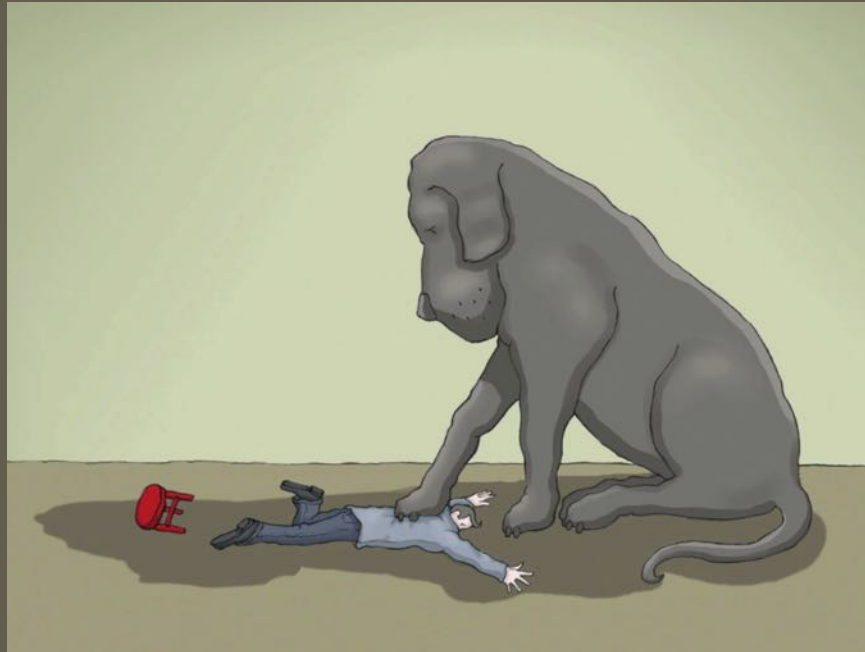
- Isolation / Social exclusion
- Alcohol Abuse
- Drug Abuse
- Self-Harm
- Stress
- Suicidal Thoughts



FACTS & FIGURES

- 1 in 4 people will be affected by a mental health issue each year
- 10% of children have a mental health problem
- Between 8-12% of the population experience depression each year
- Mixed anxiety & depression is the most common mental disorder in Britain
- Suicides rates show that British men are three times as likely to die by suicide than British women

I HAD A BLACK DOG



<https://youtu.be/XiCrniLQGYc>

WHAT IS DEPRESSION?

- Depression is more than just feeling sad
- Depression brings INTENSE feelings of hopelessness and despair to a point where you cannot take part in normal everyday activities
- These feelings can be strong enough to disrupt your life completely
- It can last for several weeks
- 10% or more of young people can suffer from depression
- If you feel symptoms for 2 weeks or more, seek help

REAL BOYS CRY



<https://youtu.be/KTMNWilurOM>

Quarter of girls are depressed at 14 in mental health crisis

Chris Smyth, Health Editor

September 20 2017, 12:01am,
The Times

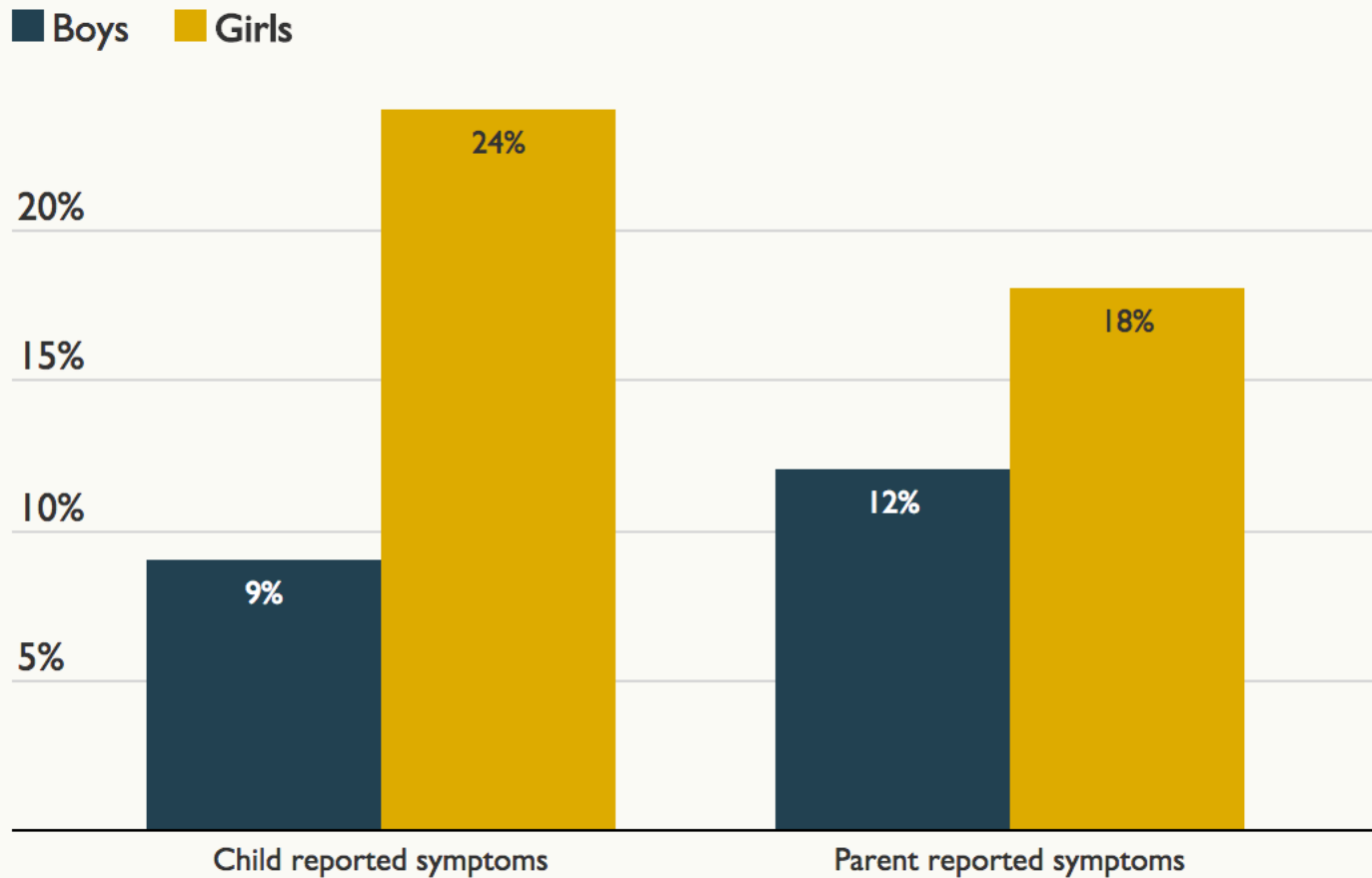


Teenagers are far more likely to experience emotional problems than even ten years ago

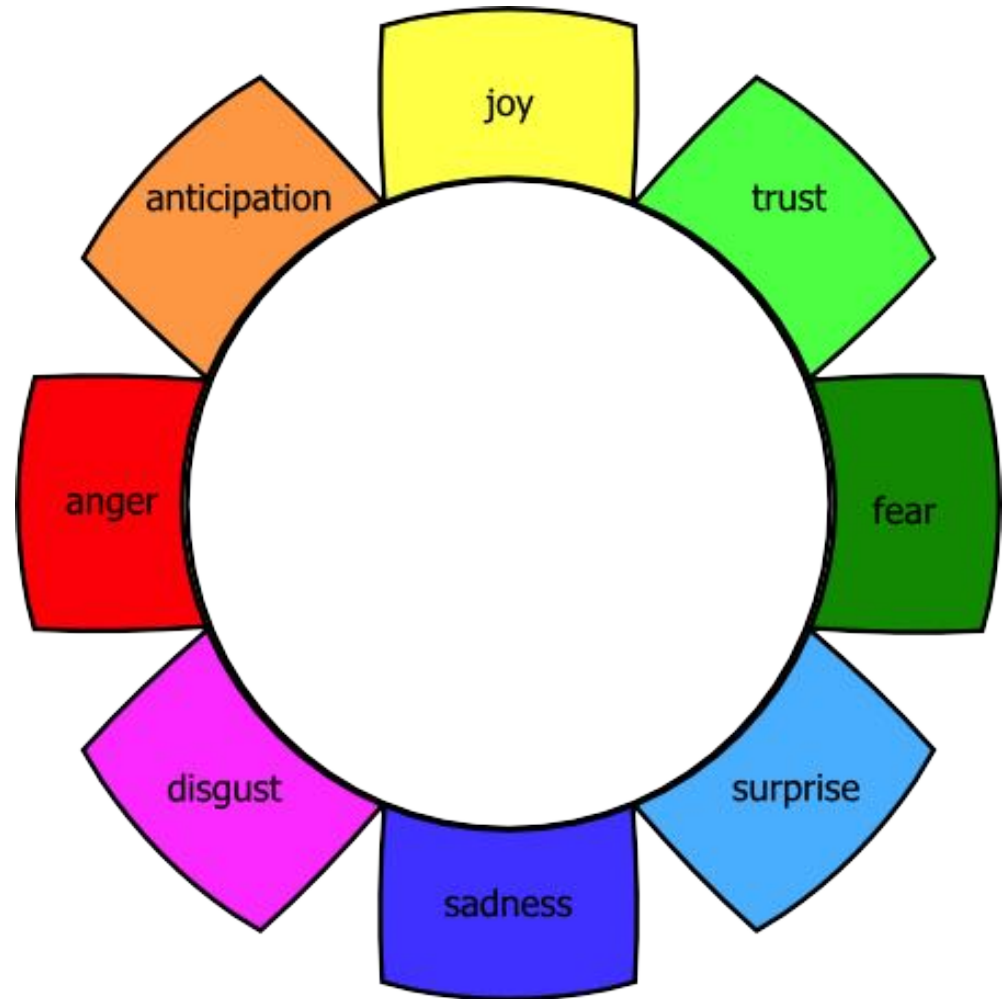
One in four 14-year-old girls is depressed, the largest study of its kind has concluded.

Today's teenagers are far more likely to experience emotional problems than even ten years ago and parents usually have little idea that their child is suffering, researchers found.

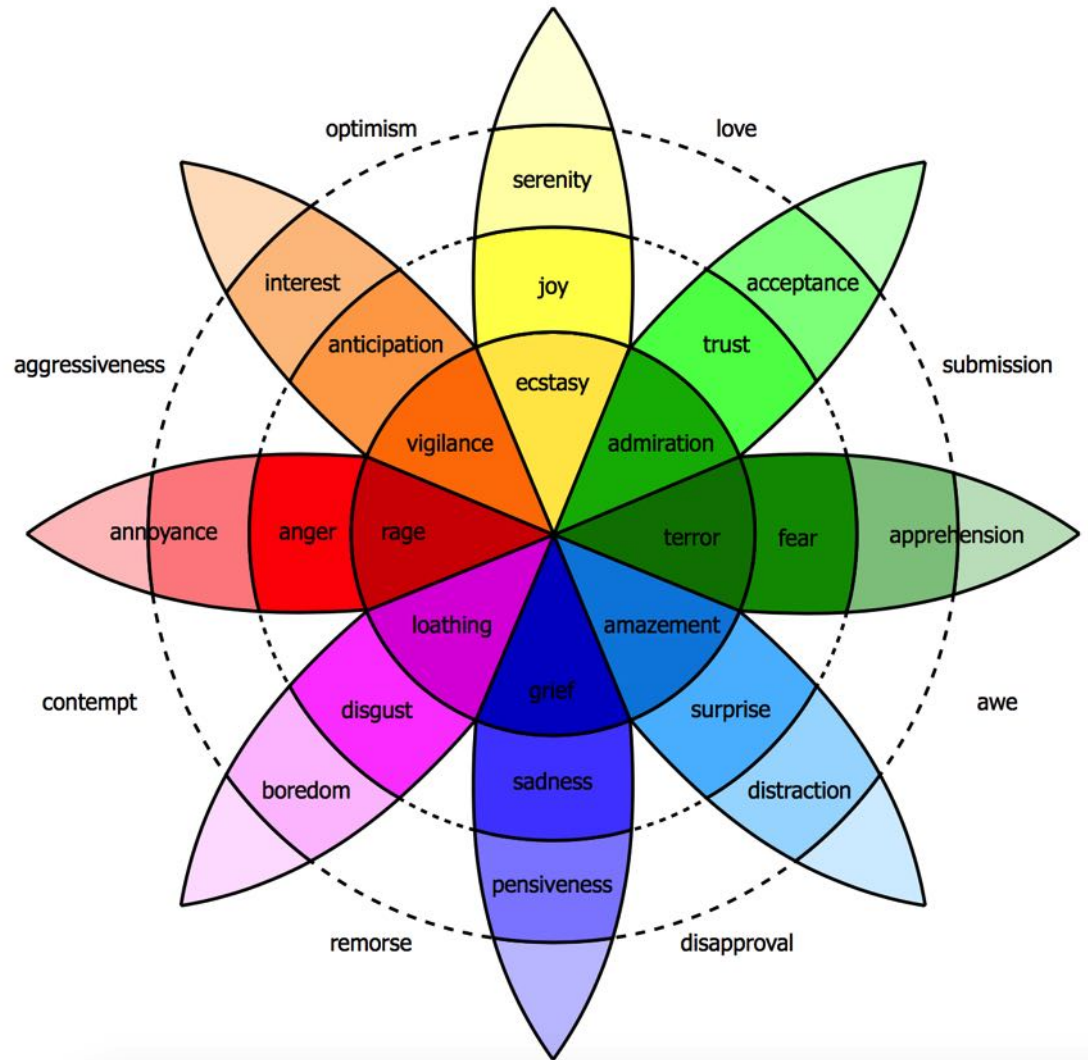
14-year-old girls are more likely to report depressive symptoms than boys of the same age



EIGHT BASIC
EMOTIONS
(R PLUTCHIK)



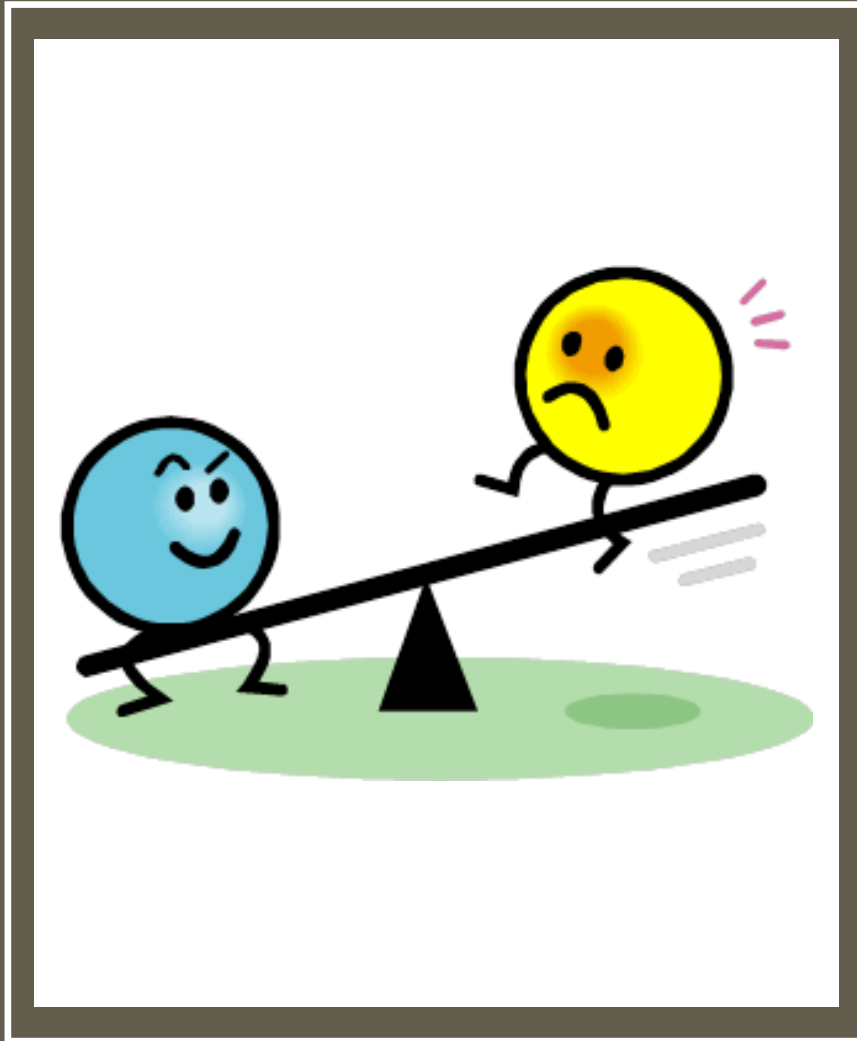
EIGHT BASIC
EMOTIONS
(R PLUTCHIK)



DEPRESSION VS TEENAGE EMOTIONS

- Most teenagers experience a Huge range of emotions.
- Anything from intense happiness to sadness and feeling down.





EMOTIONAL SEESAW

- Emotional health can be like a seesaw.
- When all is good we feel like we can cope and the seesaw is balanced.
- When things go wrong and we can't cope our balance is upset and one end of the seesaw falls.
- We can end up feeling sad, confused, angry, vulnerable and alone.
- An emotionally healthy person can regain the balance and is usually able to cope.
- If you've ever experienced feelings like you can't cope for more than a couple of weeks you should seek help.

We all have a mental health

Good mental health is an asset that
helps us to thrive

If People are to **thrive** and not just **survive**, it is important they learn to manage and understand their mental health, reduce their risk and to identify when they may need help

CONVERSATIONS CHANGE LIVES



Wherever you are
Whatever the time
Conversation matters

CAMERON'S COASTERS

**Feeling low?
Don't bottle it up
There is always
someone you
can talk to**

**Cameron Grant
MEMORIAL TRUST** 
WWW.CAMGRANT.ORG.UK

**Talk
to us,
we want
to listen & help** 

Form Tutor, School Counsellor or Head of Year

✉ pupilservices@bablake.coventry.sch.uk

School Nurse

✉ AWeatherall@bablake.coventry.sch.uk

Chaplain ✉ srs@bablake.coventry.sch.uk

Samaritans ☎ 116 123 (free 24/7, 365 days)

✉ jo@samaritans.org 🌐 www.samaritans.org

✉ myteam@my-mentalhealth.org.uk

🌐 www.cwmind.org.uk

Bablake School 'Positive Mental Health Policy'

🌐 www.bablake.com

Childline 'on the phone, online, anytime'

☎ 0800 111111

1-2-1 counsellor chat 🌐 www.childline.org.uk

PAPYRUS HOPElineUK ☎ 0800 068 4141

✉ pat@papyrus-uk.org ☎ 07786 209 697

🌐 www.mind.org.uk

☎ 0300 123 3393 📠 86463

NSPCC ☎ 0800 1111 or ☎ 0808 800 5000

✉ help@nspcc.org.uk

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OCTOBER 10 | **WORLD MENTAL
HEALTH DAY**

WHAT MAKES YOU HAPPY?

NIGHT WALK FRI 6 OCT 2017

FRIDAY 6 OCTOBER 2017 - FROM 7PM

FUNDRAISING NIGHT WALK



Join us for a short walk in the dark around Hampton and Barston! Have a great time with family and friends and raise funds for the Cameron Grant Memorial Trust. Entry is free via online registration. Full details on our website: www.camgrant.org.uk

We look forward to seeing you on the Night Walk!

  **Cameron Grant** MEMORIAL TRUST  

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  **Cameron Grant** MEMORIAL TRUST  

www.camgrant.org.uk/events/camersons-3rd-night-walk

REMEMBER

it's okay
not to be
okay

#oktosay

REMEMBER

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Don't bottle it up
There is always
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Cameron Grant 
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WWW.CAMGRANT.ORG.UK

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THANK YOU

Any questions?

info@camgrant.org.uk

www.camgrant.org.uk

www.camgrant.org.uk/events/camerons-coasters/#coasters

facebook.com/CamMemorial

twitter.com/CamMemorial



These Stones are Placed
in Loving Memory of
Cameron Grant
Geologist and Hill Walker
1993 - 2014