



## The Grace Dear Trust helps save lives



Mental health affects 1 in 4 people and too many suffer without the help they need. We want to change that and let people know 'it's ok not to be ok'. Mental health is still at a disadvantage in

public funding and requires more effective approaches to prevention, diagnosis and treatment. By supporting families with a whole community approach we can help prevent tragedies like the one experienced by the Dear family locally.

Graham Dear told Focus more about 'The Grace Dear Trust'. "The Grace Dear Trust is a mental health charity we set up recently after losing our daughter and sister, Grace, to suicide aged just 27 in February 2017. Our aim is to help save the lives of other young people suffering with mental health issues. Grace had been suffering with depression and anxiety from the age of 11, but hadn't felt she could reach out to anyone to help her make sense of her feelings. Not knowing why, she suffered in silence for many years. Eventually when Grace spoke out we tried to give the best help possible, but unfortunately it was too late".

"We want to raise awareness amongst school children, giving support to those who need it and preventing others from suffering so long in silence. We do this by funding seminars in schools, where guest speakers help young people understand the importance of mental well-being. We want to fund counsellors to visit schools, giving young people the help they need promptly and in an environment that isn't intimidating. We also want to create a local network of professionals that young adults can reach out to."

Visit 'The Grace Dear Trust' on Facebook for more information and how you can help.

**Liberal Democrats believe in a stronger economy and a fairer society**

## Elmbridge Liberal Democrats



**ANDREW DAVIS**

andrew.davis@elmbridgelibdems.org.uk  
07958 714148



**ALEX COOMES**

acoomes@elmbridge.gov.uk  
07082 316389



**BARRY FAIRBANK**

bfairbank@elmbridge.gov.uk  
01932 700564



**CHRISTINE ELMER**

celmer@elmbridge.gov.uk  
07480 519443



**KIM CROSS**

kimcross06@gmail.com  
07917 360701



**MARY MARSHALL**

mmarshall@elmbridge.gov.uk  
01372 289365



**NEIL HOUSTON**

nhouston@elmbridge.gov.uk  
07802 400707



**SHWETA KAPADIA**

skapadia@elmbridge.gov.uk  
020 83997737

## For more information and news:

www.elmbridgelibdems.org.uk

twitter: @elmbridgelibdem

facebook: fb.me/elmbridgelibdem