

# “It’s OK not to be OK”

**A mental health charity needs our support**



Poor mental health affects one in four people. Too many suffer without help and mental health is still at a disadvantage in public funding, requiring more effective approaches to prevention, diagnosis and treatment.

The Grace Dear Trust is a mental health charity which was set up by the Dear family after the loss of their daughter and sister, Grace, in February 2017. The aim of the Charity is to help raise awareness of mental health issues and to support other young people who may be struggling and to let them know that they are not alone. Grace had been suffering with depression and anxiety from the age of 11 but hadn't felt able to reach out to anyone; she suffered in silence for many years.

The charity wants to fund seminars in schools, with guest speakers who can help young people to understand the importance of mental well-being. They wish to fund counsellors who can visit schools, giving young people the help they need promptly and in an environment which isn't intimidating. They also wish to create a local network of professionals which young adults can reach out to. Most importantly, they want to let children know that 'it's OK not to be OK' and to get people talking, ending the stigma associated with mental health issues.

For more information:  
[www.gracedeartrust.co.uk](http://www.gracedeartrust.co.uk)