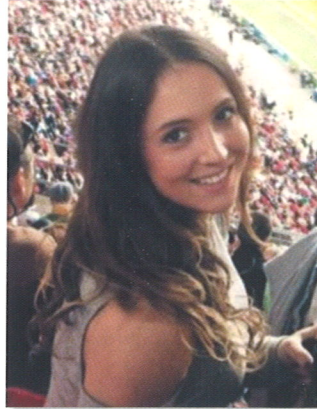


The Grace Dear Trust

The Grace Dear Trust is a mental health charity we as family have started after recently losing our daughter and sister, Grace, to suicide aged just 27



in February 2017. Our aim is to help raise awareness of mental health, hopefully making other young people feel they can open up before it becomes too much for them to handle alone. 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.

We want to be able to fund 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. Most importantly, we want to let children know that "it's OK not to be OK" and to help end the stigma and get people talking.

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. To raise awareness and help us raise money for the charity we have organised a music festival on Saturday 30th June. There will be bands playing all day with children's entertainment and food vans to make sure there is something for everyone! Join us for fantastic day of music, food and an unmissable opportunity to raise awareness for a cause that effects so many loved ones! See Flyer top left of this page

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