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The Grace Dear Trust

Organisation details

Description of activity

1 in 10 young people are also affected and 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.

We want to help...

...To raise awareness of the impact of poor mental health, in particular the significant effect it has on young people

...To encourage more people to be able to speak openly about their feelings, no matter how big or small

...To reduce some of the stigma which surrounds mental health problems

...To encourage anyone who feels down, low or feeling unable to cope ...by helping them to learn in different ways to communicate their feelings

...To support schools to raise awareness and increase understanding of how important it is for young people to be open about their feelings

Contact details

Email address

info@thegracedeartrust.co.uk

Website

<https://thegracedeartrust.co.uk/>

Social media links

Facebook link

<https://www.facebook.com/gracedeartrust/>