

## We're talking mental health

The Charlie Waller Trust was created by the Waller family in 1997 in response to the tragic loss of Charlie to suicide whilst he was suffering from depression; it has since become one of the UK's most respected mental health charities.

Our overarching mission is to educate young people – and those with responsibility for them, so parents and carers, teachers, college and university staff, and employers – about their mental health and wellbeing.

Every year we reach thousands of young people, educators, parents and employers. We give them practical tools and the confidence to look after their mental health.

### Offering hope

As we begin to emerge from the pandemic, the mental wellbeing of young people often appears in the headlines.

We know that most mental health problems begin in childhood or adolescence. Addressing them early is crucial and can have a huge impact on a child's future wellbeing. Giving practical guidance and offering hope are cornerstones of our work.

In 2022 we mark the 25th anniversary of the Charlie Waller Trust. The mental health of young people is being affected by many different global events – the effects of Covid, the war in Ukraine, the climate crisis - so our positive, proven and practical approach is going to be more important than ever.

IN AID OF



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#mm5k

michelmores.com

**“I came away from your talk with a completely different attitude towards mental health, I can’t imagine how different my life would be if you hadn’t helped me to take the first step in reaching out for help. Your work is really remarkable and has truly transformed my life.”**

**SCHOOL PUPIL, 16**



### Your support will help us to change lives

- £5 pays for 24 packs of resources for parents and carers
- £25 pays for 100 Wellbeing Action Plans for a school
- £100 pays for a small series of mental health webinars
- £640 pays for two 2-hour sessions of expert clinical support and supervision for parent group leaders
- £1,000 helps fund a school partnership, providing guidance, training and resources like our Wellbeing Action Plan

For information visit [charliewaller.org/resources](https://charliewaller.org/resources)

