



October 2022

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## World Mental Health Day by Grace Gallagher, Executive Director

October 10<sup>th</sup> is World Mental Health Day! What a great opportunity to erase stigma and SpeakUp. We can empower ourselves, our neighbors, our co-workers by sharing and listening. Every day we need our brain, therefore, every day is Mental Health Day. But October 10<sup>th</sup> can be an intentional day to reach out to someone you have not heard from in a while just to ask how they have been. Maybe it is the day you are very present with how you are feeling, very aware of your thoughts and asking if they are helping or hurting. Ask yourself without judgement and without saying "I know I should but... I know shouldn't but..." Just name the thought- helpful or not. Perhaps you are feeling anxious, lonely, content, excited. Whatever it may be at any given time sit with it fully present.

I ask before the end of the day on October 10<sup>th</sup> you have made a commitment to your mental health by creating a "nutritional" plan that feeds and fuels your mental health to go from those days we all feel we are barely surviving to thriving. One small goal a week to fill your tank can carry you for miles if you commit yourself wholeheartedly.





Dominion Payroll

# SpeakUp5k




Thank you for participating in the 9th Annual SpeakUp5k! Over 2,000 participants gathered at Byrd Park to SpeakUp for teen mental health. We had hundreds of virtual participants SpeakUp across the United States and around the world including Spain, Thailand, and South America.

You can watch footage from race day [here](#) and [here](#)! Please [upload your photos](#) onto our race website, or email them to [raceinfo@ckgfoundation.org](mailto:raceinfo@ckgfoundation.org).




## Conversations with CKG

Mental Health and Substance Abuse:  
Testimonies, Resources, and Prevention

CONVERSATIONS  
with 

**Mental Health and  
Substance Abuse:  
Testimonies, Resources,  
and Prevention**

Wednesday  
**NOV 9**  
7PM EST

 **FEATURING**  
Panel of experts from  
**Silent No More**  
via ZOOM

**SILENT  
NO  
MORE**

Join us for Conversations with CKG on **Wednesday, November 9**, as we partner with Silent No More for a discussion on mental health and substance abuse. Members of the Silent No More team will share details about the connections between teen mental health and substance use and abuse, the resources available, and how caregivers can take preventative measures to support their teens. Registration is free. Please share with anyone you feel may benefit.

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## SpeakUp Clubs



A new school year is here. We are thrilled for students and staff to join us as we SpeakUp for teen mental health. If you are interested in learning more or starting a SpeakUp Club at your high school please email our Director of Mental Health Education, Sarah Jaynes-Gobble.

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## Thank You!

We are grateful for your support as we continue to provide education and hope for those struggling with anxiety and depression.

[Donate Today](#)

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## You Are Not Alone. Resources Are Available.

### [Mental Health Resources](#)

### [Cameron K. Gallagher Mental Health Resource Center](#)

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#### **Our Mission**

To fulfill Cameron's dream and legacy by being a positive force that works to cultivate awareness and understanding of teen depression anxiety.

The CKG Foundation is qualified as a charitable organization under Section 501(c)(3) of the Internal Revenue Code: Tax ID 46-5172019. Contributions are tax-deductible to the extent permitted by law.

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