



# SpeakUp

for teen mental health

## NEWS

May 2023



### Teens Leading The Way

Following is a reflection from **Chance Evans**, Atlee HS Junior and Member of SpeakUp Club Leadership Team

SpeakUp Club has changed my high school experience completely; which in hand has changed my life. I want to encourage you to speak up not only for yourself but for the mental health of people as a whole. SpeakUp Club is important to me because I struggle with my mental health daily. I am one of many high school students who is constantly in a mental battle against themselves.

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### Message from Grace Gallagher Executive Director, CKG Foundation

#### **RAIN**

When was the last time you had a checkup from the neck up? We schedule our annual physicals, we go to our performance reviews, we read books on leadership and success. How often do we proactively check in...

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## Timely & Notable

*Don't Miss This!*

On April 11, 2023, Grace Gallagher was a panelist at the YWCA's Women's Leadership Forum: *A New Era in Women Leaders: Power in Our Stories*. On April 18, CKG was in the news.

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## CKG Spotlight



While she was a junior in college, Samantha Vogel and her University of Lynchburg sorority, Kappa Delta, spearheaded a special day on campus to coincide with CKG's SpeakUp5k. They joined forces with the baseball team to raise money for CKG and awareness of teen mental health. In a festival-style event with lots...

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## SpeakUp5k

### Price increase on May 1

Join us for the 10th SpeakUp5k on September 9th at Byrd Park or Virtual at 9am! **Register** early and stay in the know for special experiences happening on race day. We will kick off our 10th year of CKG with the area's biggest celebration of teen mental health. You do not want to miss it!

[Register](#)



## Mental Health Education

We all have brains, so we all have mental health. Our Mental Health Awareness Toolkit encourages and empowers teens to care for their mental health through self-reflection, positive coping skills, and personal growth. Contact [program@ckgfoundation.org](mailto:program@ckgfoundation.org) for more information.

[Learn More](#)



## Cameron K. Gallagher Foundation

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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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HELP STARTS  
WHEN WE

# SpeakUp

FOR OURSELVES  
AND OTHERS

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