

SpeakUpNEWS



Cameron K. Gallagher Foundation

Awareness, Education and Help for those battling teenage depression

November 2022

Grateful for All Things

By Grace Gallagher, Executive Director

This time of year, many people start or amplify a gratitude practice. This can involve making a list of the positive parts of our lives or the people we cherish the most. In positive psychology research, **gratitude is strongly and consistently associated with greater happiness**. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. (health.harvard.edu)

The truth is positive experiences, people, and feelings co-mingle with difficulty, stress, and suffering. Life is rarely all one or the other. Sometimes the things that feel hard or challenging are the best teachers which guide us to a deeper life experience. But I imagine the gloomy weather, not making the soccer team, or not getting the part in the play will not make the gratitude list. However, these experiences cause us to gain perspective and build strength. As we show up every day – to work or school, to our family and friends or, the most important thing, to ourselves - we are demonstrating resilience, the ability to come back even when it's hard. I am so grateful for resilience. Without resilience the positives wouldn't be possible.

My ask of you is to notice your resilience, your ability to press through so you can savor each positive on your gratitude list. Let's widen the lens on our life experiences. Just like we are called to see, love, and accept the whole person – my wish for you this season is that you see love and accept your full life experiences.

Maybe add 'resilience' to your gratitude list.

Conversations with CKG

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



Join us 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. Register [here](#) for free.

Silent No More works to educate students and families of the dangers of drugs and the effect they can have on one's life and relationships. They provide real life information about what these drugs look like and where they come from, the relationship between mental health and substance abuse disorder, and the science behind addiction. More information is available [here](#).

CKG is on TikTok

In order to reach as many teens as possible, CKG launched a Tik Tok account in early October. Tik Tok is dedicated to short-form videos between 15-60 seconds. It had about one billion active monthly users worldwide by September 2021 and the 2022 Investopedia marketing report predicted TikTok will break three billion content downloads worldwide. We are excited to bring our message to this huge stage. Follow and share our content [@speakup4mentalhealth](#). Check out our first post [here](#). Video Credit: Summer Kirby, CKG Community Liaison.

Giving Tuesday is Nov 29, 2022

GI  ING TUESDAY

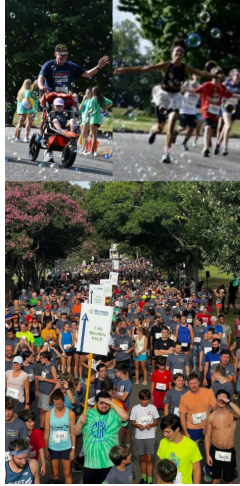
GivingTuesday is a global generosity movement unleashing the power of radical generosity. It was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

We humbly request you choose CKG Foundation if donating funds is how you celebrate #GivingTuesday and unleash the power of radical generosity. Don't forget to give yourself

the gift of prioritizing your mental health, on Nov. 29 and everyday.

[Donate Here](#)

SpeakUp5k



2022 SpeakUp5k Impact

- 4 Countries
- 28 States
- 231 Volunteers
- 2,061 Participants
- \$215,000 Raised for teen mental health

SpeakUp
for teen mental health

The 2022 SpeakUp5k was a success! With 4 countries represented, 28 states, 231 amazing volunteers, and 2,061 participants we were able to raise \$215,000 for teen mental health. We are thankful for your continued support of CKG and the SpeakUp5k. Have a safe and happy Thanksgiving with family and friends!

Thank You!

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



You Are Not Alone. Resources Are Available.

[Mental Health Resources](#)

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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AND OTHERS**

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