



THE BIG QUESTION

HOW DO YOU TELL SOMEONE THAT YOU'RE NOT OKAY?

How could you get help? Is there someone that you could tell if you're not okay? What would you say?

Our Core Value Champion



Dr Alex, also known as Dr Alex George, is a Welsh physician and television personality who serves as the UK Youth Mental Health Ambassador within the Department for Education. In July 2020, George's youngest brother Llŷr died of suicide. In January 2021, George launched a campaign requesting the UK Government prioritise mental health amongst children and adolescents, especially in light of the COVID-19 pandemic. During Children's Mental Health Week in February 2021, George met with Prime Minister Boris Johnson, who appointed George to

the newly created position of Youth Mental Health Ambassador. In addition, George also became a member of the Mental Health in Education Action Group. They will discuss the best way for children to return to education after the COVID-19 pandemic and ensure they receive the support they need.

As Youth Mental Health Ambassador, George will work to improve the support that young people receive regarding their mental health, as well as aid in the shaping and creation of policies to increase the support for students within the education system. George holds a large social media following, which he will use to demonstrate the support currently available whilst working to bring about changes.

1

HOW WOULD YOU
KNOW THAT YOU ARE
NOT OKAY?

2

WHAT WOULD YOU DO TO
GET HELP?

3

WHO WOULD YOU
TELL?
WHY?