



Overcoming the Stigma of Mental Illness

Focusing on the youth of Cayman

*Alex Panton Foundation
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**HR Manager/Director
Cayman Islands Employer**

Dear Sir/Madam

World Mental Health Day – 10th Oct 2018

Wednesday 10th October 2018 is World Mental Health Day. World Mental Health Day is a day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. It is now supported by the World Health Organisation.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

The Alex Panton Foundation as one of the stakeholders would like to engage the employers of the Cayman Islands to help us further our Mission in observance of this day of awareness. The Mission of the Alex Panton Foundation:

To improve the mental health of children and young adults in the Cayman Islands through advocacy, awareness and support. Please see attached Mission and Goals.

Although our focus is on the children and young people of our islands, reaching out to adults to raise the consciousness of mental health issues to break the stigma surrounding getting help for these issues helps to pave the way for the furtherance of our Mission.

In observance of World Mental Health Day 2018, we invite you to raise the awareness in with your staff with one or several of our suggestions below:

1. Dress in your brightest colour on the day (or Friday 12th) to signify brightening the lives of others living in the darkness of mental illness. If your staff so wishes they can make a small donation to the Alex Panton Foundation fundraising cause. Please contact info@alexpantonfoundation.ky
2. Designate a mental health/stress relief corner/part of your office where people congregate or pass through – place a poster board or a dry erase board where staff members can leave their number one tip for relieving stress (besides consumption of alcohol or drugs)
3. Have a “darkness into light walk with your staff” (Dawn into daylight). We know many workplaces have exercise groups that wake before dawn and exercise into the daylight hours. This could be done with a special awareness of mental health – “bringing dark times into the light”.



There are other ways that you may want to consider that may be more appropriate for your staff and we invite you to visit the World Mental Health Day website

<http://dudleymind.org.uk/world-mental-health-day-2018/>

Please also visit the WHO website for more information that you may wish to distribute to your staff

http://www.who.int/mental_health/world-mental-health-day/2018/en/

Many thanks again for your support,

A handwritten signature in blue ink, appearing to read 'Jane Panton', with a stylized flourish at the end.

Jane Panton
Chair-Alex Panton Foundation

About the Foundation

The Alex Panton Foundation is a not-for-profit with the primary objective of raising awareness of mental illnesses affecting children and young adults in the Cayman Islands with a particular focus on anxiety and depression.

This Foundation has been established in memory of Alex Panton, who succumbed to the effects of severe depression at the age of 16. The Foundation was registered as a Not-For-Profit Entity on 28th June 2018.

The Alex Panton Foundation aims to provide hope and resources to friends, family, teachers, classmates and carers to help save the lives of children and young adults struggling with mental illness.

Our Mission

To improve the mental health of children and young adults in the Cayman Islands through advocacy, awareness and support.

Our Goals

- To raise awareness of mental illnesses affecting children and young adults of the Cayman Islands with a particular focus on anxiety and depression;
- To provide hope and resources to help improve the lives of children and young adults affected by mental illness;
- To address the stigma surrounding mental illness through providing and promoting educational resources to the Cayman community;
- To advocate for the development of public and private policies to ensure adequate access to tools and resources to those dealing with mental illness, including ensuring adequate health insurance coverage;
- To seek to address discrimination against young people affected by mental illness;
- To educate friends, family, teachers, classmates, carers and the wider population on how to identify and successfully interact with young people with mental illness;
- To provide resources to friends, family, teachers, classmates, carers to help them support those young people with mental illness.

Contact Us

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For more information on the Alex Panton Foundation visit alexpantonfoundation.ky

