



Press Release

Great plans for Hendon Students' Mental Health Conference

Mental health campaigner and TV presenter Chrissy Boodram will be providing the grand finale for Hendon Secondary School's 2018 Mental Health Conference at Middlesex University on 21 June.

Chrissy, who hosts and co-produces the UK's only TV show dedicated to good mental health and wellbeing¹ first encountered Hendon Secondary when she met the assistant head at a 2017 Mental Health Day conference.

The result was that 300 of the school's 11 - 14 year-old students heard Chrissy speak about her journey out of depression and took part in her **#MHDChallenge** (Mental Health Dance Challenge) earlier this year. They were so impressed that the student organisers of the school's third mental health conference invited Chrissy to speak and her answer was a resounding "yes".

Chrissy will make a 45 minute presentation and then invite the entire conference audience to join in the **#MHDChallenge** dance, which is invariably a hit with young people.

The overarching conference theme is "SOS - Stamp Out Stigma" which is very much in tune with Chrissy's own work. "Struggling with depression, panic attacks and the like is bad enough without the stigma that sufferers so often face," Chrissy said. "But while society is coming to accept that this is a health issue and not something shameful, we still have a long way to go."

The conference is being organised by a group of 30 students aged 13-15, who are also fundraising to meet costs. Their plan is to raise awareness around the sub-

¹ The Chrissy B Show on mytv Sky 191

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ject of mental health and encourage young people to become mental health ambassadors within their schools and communities.

Besides offering a variety of presentations and workshops, Hendon Secondary will be launching a new mental health app called Speak Out! co-developed by students from the school and Middlesex University over the past year. They will also be announcing the results of their research with Middlesex University.

Local schools are being invited to attend and to share their good practice as regards mental health or run a stall at the conference marketplace.

Places for the conference can be booked at <https://www.eventbrite.co.uk/o/hendon-school-mental-health-and-wellbeing-team-17106814293>

ENDS

Notes to Editors: **Chrissy Boodram** has worked in TV for over eight years. Her show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major mental health issues of our time.

It is believed that the **#MHDChallenge** is the UK's first ever dance challenge in support of mental health. Funky music and dance moves depict the fight back against depression and other mental health issues and the aim is to encourage people to look after their mental health and wellbeing.

For further information please contact info@chrissybshow.tv or call 020 7686 6033.

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