

# Understanding Mental Health

A talk by Stuart Jessup



Stuart Jessup is a Cambridge graduate with extensive experience in the Cambridge high-tech sector and as a secondary school teacher. He is also a trustee of Mind in Cambridgeshire and works with us to raise awareness of mental health as part of our commitment to helping everyone to look after their mental wellbeing.

Stuart's commitment even extended to walking 3,000 miles around England and Wales to campaign against mental health stigma and fundraise for mental health charities. Find out more about his adventures here: [www.walkingontheedge.org.uk](http://www.walkingontheedge.org.uk)

Stuart is one of the 'one in four' of us who experience mental ill-health at some point in our lives; in his presentations he shares his own experience of chronic depression and anxiety disorders to illustrate the issues and challenges of managing mental ill health in today's society.

As with physical health conditions, early detection of mental health issues is key, but whereas we feel able to talk openly about most physical illnesses, many of us feel much more reluctant to talk about our mental health. Through his talks, Stuart aims to help us become more knowledgeable and confident about spotting the signs of mental health issues in ourselves, our colleagues and our loved ones and in understanding the sources of support that are available.

If you would like to book Stuart to talk to your organisation, please contact: [jamie@mindincambs.org.uk](mailto:jamie@mindincambs.org.uk)