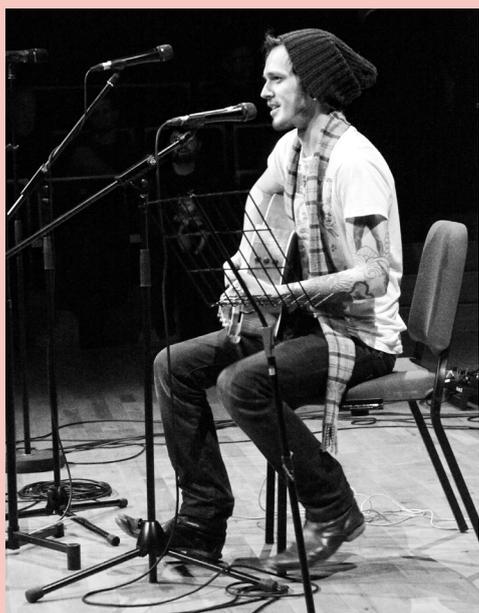Mental Health is back in the headlines again with conflicting reports that on the one hand the government is making mental health services in the NHS a priority, alongside consistent reports that the service remains woefully under-funded.

Read more on page 8...

It is with great sadness that we report that Tom Salway, a gifted composer, teacher, pianist, guitarist, vocalist and a great gig buddy to the post-punk Delta 7 band of disabled musicians, has died aged 24.

Read more on page 3...

MENTAL HEALTH AWARENESS SPECIAL EDITION

This edition of our newspaper is dedicated to mental health awareness and creating positive emotional wellbeing.

Inside you will find tips, information on local support available and articles to give you pause for thought. There is a touching account from our MP Stephen Lloyd and a tribute to Tom Salway, a young man who recently took his own life but will always be remembered by those he has helped in Eastbourne.

One in four people will experience at least one diagnosable mental health problem. 615 million people worldwide suffer from anxiety or depression. Mental illness is commonplace, and yet there is still a stigma attached to it that makes it harder for sufferers to manage their condition. Things are starting to change though, and by creating open conversations about mental health we can make sure that people living with mental illness feel able to talk about their problems, experiences and needs. Mental illness affects a member of my own family, it affects some of my friends, I have tried to get support for people I care about and it's not easy. Coping with the mental illness of people we love is also a task that deserves support, and there is plenty of that on offer from the organisations profiled inside. Hopefully, this publication will help others, or perhaps you, to realise you are not alone. Hopefully it will get people talking about mental health and hopefully, together, we can stamp out the stigma that surrounds this subject.

HELP US TO STAMP OUT STIGMA

TALK ABOUT IT.

STAMP OUT STIGMA