JACK ABREY

Name: Jack Abrey

Age: 18

Where I Live: London

> *Through social action, I've developed leadership, communication and confidence skills. But most importantly of all, my mental health has benefited.*

When I was seven, my Dad very sadly passed away. I went through an exceptionally tough time, and throughout it the Scouts were truly a lifeline for me. To this day, I've tried to do what I can to give back. I'm now Chair of the Scouts National Community Impact Group, connecting communities through social action. At school, I was Head Boy and led our international cooperation scheme with Michamvi School, Tanzania. I kept in touch regularly with them, helping them complete their roof and make the school a safer place to learn. I've also organised fundraisers, most recently for Nepal, and ensured our Senior Citizens' Christmas Meal, bringing together isolated elderly people, reaches the far corners of our community by making posters and asking local GPs and care homes to advertise them for us.

It's not always been easy. I've suffered with poor mental health in the past, but seeing the difference I could make to others played a key role in lifting me out of depression. I feel passionately about reducing the stigma surrounding mental health, which is why I've campaigned and encouraged others to speak out without fear of discrimination. Now I've finished school I'm currently at university and will continue to help others, encouraging more kindness and consideration in our society. I'm particularly excited to continue promoting a 'Million Hands'.

Organisations I've Participated With

- The Scout Association
- Chace Community Schools

Character Virtues I've Developed

1. Optimism
2. Community Awareness
3. Communication
4. Leadership
5. Confidence

 # i will *look to set up a mental health 'safe space' at university and continue to campaign to reduce and remove the wholly unacceptable stigma surrounding mental health. Furthermore I want to ensure every young person has the opportunity to get involved in social action (as well as having their voices heard), such as 'A Million Hands,' by promoting this nationally and engaging key decision makers.*