



Overcoming the Stigma
of Mental Illness

2019 Education Sessions by the Alex Panton Foundation in collaboration with the Ministry of Community Affairs



Bullying & mental health

Over half of our young people in the Cayman Islands report that they have been bullied. Understanding bullying and its link with mental illness can support the children in our community in creating an anti-bullying culture.

This workshop helps to understand bullying and explores strategies for preventing it:

- How to identify different types of bullying.
- Understanding the impact of bullying on children's mental health.
- Identifying risk factors that make children vulnerable to bullying.
- How to support an anti-bullying culture.
- Understanding how bullying and mental health interrelate and contribute to each other.

Schedule of workshops

District	Date	Time	Topic	Location	Duration	Facilitator
Bodden Town	21st March	6.30pm	Bullying	Webster Memorial Church Hall	1.5hr	Dr. Erica Lam
West Bay	9th April	6.30pm	Bullying	John Gray Memorial Church	1.5hr	Dr. Catherine Day
East End	30th April	6.30pm	Bullying	East End Civic Centre	1.5hr	Dr. Colleen Brown
North Side	8th May	6.30pm	Bullying	North Side Civic Centre	1.5hr	Dr. Colleen Brown
George Town	21st May	6.30pm	Bullying	South Sound Civic Centre	1.5hr	Dr. Erica Lam

Contact edu@alexpantonfoundation.ky with any questions.