



The Alex Panton Foundation

The Alex Panton Foundation aims to provide hope and resources to friends, family, teachers, classmates and employers to help save the lives of children and young adults struggling with mental illness.

Alex Panton Foundation Event Request Form

*For all requests to be processed we ask that you print, complete, scan and submit this form to **info@alexpantonfoundation.ky** at least **two weeks** prior to your event.*

Name of School or Company:

Name of Contact:

Contact Number:

Contact Email:

Date of Event:

*In order for us to assist you in the best way we can, we ask you to please check **all** the boxes that apply.*

Please choose what type of event you are requesting

Lecture - An APF committee/ board member would give an enlightening speech to your desired audience (on a topic to be selected closer to the time)

Booth - 1 or 2 APF volunteers to provide basic knowledge on the foundation, provide wristbands and brochures

Presentation / Workshop - A team of qualified Clinicians can deliver one of our PowerPoint Presentations or Workshops (on one of the available topics or a different topic to be selected closer to the time)

Panel - 1-3 members made available to answer questions posed by an audience (on a topic to be selected closer to the time)

OTHER: _____



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Alex Panton Foundtion Event Request Form - Requirements

For all requests to be processed we ask that you print, complete, scan and submit this form to info@alexpantonfoundation.ky at least **two weeks** prior to your event.

***For Workshops / Presentations, please choose a Topic**

- What is Stress?
- What is Mental Health?
- The "No Harm Done" Approach
- Bullying and Mental Health
- Young Men at Risk
- Nutrition and Mental Health
- Management of Anxiety
- Other: _____

Please select an age group

- 6-9 19-25
- 10-12 25-39
- 13-15 40+
- 16-18

Time Limit for Event

- 15 - 30 Minutes
- 45 Minutes - 1 Hour
- 1.5 - 3 Hours
- All Day
- Other: _____

What equipment will you provide

- Table
- Sound - Speaker/Microphone
- Visual - Screen/Projector/Laptop
- Other: _____

Date Submitted



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Workshops and Presentations Topic Index

All the workshops are supported and peer reviewed by a group of clinical consultants who are trained in Psychology at a doctorate level and above, specializing in children and adolescent mental health.

Presentations, Outreach Programs and Psycho-Educational Workshops/Talks for the General Public

Topic: A Presentation on the Topic: What is Mental Health?

Age group: High school aged students

Duration: 45 mins

Equipment required: PowerPoint and Projector

Content: Introducing the idea of looking after mental health in the same way as physical health. Understanding the mental health spectrum (i.e. healthy, coping, struggling, unwell). Look out for signs of difficulties, how to cope with distress, and build resilience.

Topic: A Presentation on the Topic: What is Stress?

Age group: High school aged students (in particular grade 10 and above)

Duration: 45 mins

Equipment required: PowerPoint and Projector

Content: Introduce the topics of stress and anxiety. Discuss how anxiety can be a defense mechanism protecting us from danger, and how excessive anxiety can cause problems. Focus on changing our relationships with stress and anxiety as a way to prevent anxiety disorders. This is based on a cognitive behavioral approach and an emphasis on prevention.

Topic: No Harm Done: A Skills Workshop for Preventing Self Harm and Suicide.

Audience: Professionals in management or adults who work with young people i.e. community leaders, teachers, mentors, and coaches.

Duration: 3 hours workshop (excluding break or lunch time)

Equipment required: PowerPoint and Projector

Content: What is self-harm and suicide? Discuss ways of supporting young people using the "No Harm Done" approach.



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Workshops and Presentations Topic Index (Continued)

Topic: A Workshop on Bullying and Mental Health

Audience: Adults who work with young people i.e. community leaders, teachers, mentors, and coaches.

Duration: 1.5 hours

Equipment required: PowerPoint and Projector

Content: What is bullying? How it is related to mental health? Discuss management strategies.

Topic: A Workshop on Young Men at Risk

Audience: Adults who work with young people i.e. community leaders, teachers, mentors, and coaches.

Duration: 1.5 hours

Equipment required: PowerPoint and Projector

Content: Discuss the prevalence of young men at risk, risk factors, and help-seeking behaviours.

Topic: A Workshop on Nutrition and Mental Health

Audience: Adults

Duration: 1.5 hours

Equipment required: PowerPoint and Projector

Content: Discuss how nutrition affects mental health - "food that is good for our mood".

Topic: A Workshop on the Management of Anxiety

Audience : Adults who work with young people i.e. community leaders, teachers, mentors, and coaches.

Duration: 1.5 hours

Equipment required: PowerPoint and Projector

Content: Discuss healthy vs. unhealthy anxiety, and the management of unhealthy anxiety.