

Keynote Speakers



Ruth Sutherland

CEO, Samaritans

Ruth began her career as a Registered General Nurse but has spent the majority of her career in public health roles gaining degrees in Social Policy and Health Promotion. Ruth was the founding Director of the Community Development and Health Network, a charitable membership network committed to addressing inequalities in health and wellbeing based in Northern Ireland.

Prior to joining Samaritans as CEO in 2015, Ruth was CEO of Relate and has held senior executive leadership roles at Rethink Mental Illness, Alzheimer's Society and Scope.



Angela Samata

Ambassador for Survivors of the Bereaved by Suicide,
Merseyside Woman of the Year 2016 and an Honorary
Fellow of John Moores University Liverpool

Angela presented the BBC1 BAFTA nominated and winner of the Mind Media Award for Best Factual TV documentary, "Life After Suicide" and was watched world-wide by over 4.5 million viewers.

Co-author of the NHS70 Parliamentary Award winning training, her charity work, together with the making of the documentary was recognised as Angela was named as the Merseyside Woman of the Year 2016 and awarded an Honorary Fellowship by Liverpool John Moores University.



Jonny Jacobs

Strategy & Transformation Director, Pladis

Jonny leads Strategy and Transformation for Pladis UK&I, the global snacking company which brings together the iconic brands of McVitie's, Jacob's, go ahead!, Flipz and Godiva. At Pladis, Jonny has held a number of Senior Finance positions across the UK&I business, and most recently a secondment to head up the North America finance team as Chief Financial Officer.

Jonny was named Young Chartered Accountant 2017 by ICAS and is also Treasurer and Trustee for Aspire, a national charity that provides practical help to people who have been paralysed by Spinal Cord Injury. He has a keen interest in organisation design and people development and is leading the newly formed Mental Health initiative at Pladis in UK&I.



Yannis Andreadakis MBACP

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Counselling Service Manager – Counselling Service –
Student Services, London Metropolitan University

Yannis started his professional journey supporting people experiencing acute mental health difficulties and suicidal ideation as a befriender/ advocate in Westminster Mind and the Maytree Suicide Respite Centre in Central and North London. Subsequently, he started counselling training and expanded his experience through work in various counselling services and psychotherapeutic communities around London.

He has been working in higher education on and off since 2009, as a counselling practitioner and counselling service manager, and he is honoured to be managing a team of deeply compassionate and committed counsellors in the Counselling Service of London Metropolitan University .



Brett Garcia MBACP

CAHMS Mental Health Clinician and Psychotherapist

Mental Health Clinician and Psychotherapist working within Child and Adolescent Mental Health (CAMHS) – providing therapeutic treatment to child/adolescents, parents and carers. Brett is a qualified Integrative/Psychodynamic Psychotherapist and BACP registered. Other clinical experience includes working with adults and families in different and varied clinical settings. He is extremely passionate and enthusiastic in relation to the care, support and intervention that's provided to patients. In addition, Brett has a 'zest' for undertaking different types of research that improves the quality of work completed within the professional field of Mental Health.

He has a private practice where he sees children, adolescents, adults, couples and families.



Paul McGregor

Public Figure, Founder of MFM and Short Course

Lecturer at University Arts of London

Paul lost his Dad to suicide 9 years ago, a loss that was completely unexpected. On paper Paul's Dad had 'everything', but very quickly fell into depression, got sectioned into a mental health unit and took his own life a few months after. At 19, Paul personally struggled to deal with it, overworking, chasing "success" and distracting himself from the grief. Paul found himself in a dark place, suffering with depression and fearing he'd follow in his Dad's footsteps. Luckily he found a way to recovery, and now runs an online fashion magazine, lectures short courses at University Arts of London and has spoken openly about his story and mental health in the UK, US and Dubai. He's also married to Amy, a Dad of 2, but he's still terrible at DIY.

www.pmcgregor.com



Jenny Rayner

Principal Trustee Lucy Rayner Foundation, Co-Founder
and Commercial Director of Red Rocket Events

Jenny and her family and friends formed the Lucy Rayner Foundation after the death of Lucy Marie Rayner, six years ago, a relatively new organisation with a big voice making big strides in the local community and nationwide. The foundations objectives are; to stop young people committing suicide, to raise awareness of the signs and symptoms of depression in young adults through education and campaigning, to facilitate change in the way mental health is perceived by society. Jenny has strong business acumen and entrepreneurial skills with over 30 years' experience within the service industry b2b, corporate and public sector.

Achievements: Running the London Marathon 2014, Awarded the British Citizens Award – for service to the community 2016, Regional Finalist – Pride of Britain Award 2016. Producing the award winning documentary "Breaking The Silence"



Megan Aspel

Producer, Acting Out Productions, Director, Let's Link

Alongside her role as director for Let's Link, Megan has set up an independent mental health and wellbeing training and learning facility with partners from the acting world, Louisa Lawrenson and Jeremy Beckman. Using the power of live drama and audience interaction Acting Out Productions portray the image and reality of mental illness, its impact on individuals and on those around them. Acting Out Productions is a company of professional actors, writers, directors, trainers and facilitators. They bring innovation, excellence and passion to imparting learning about something that affects us all – mental health and wellbeing.



Charlotta Martinus

Founder – Teen Yoga

Charlotta is the leader in the field of yoga as a mental health intervention in secondary schools. She is one of five people involved in setting up the APPG on yoga in society and advises government on yoga in schools. She is also leading the Westminster University Research Project measuring the impact of yoga on 1,000 teens across the UK. Through the charity, Teen Yoga Foundation, she has trained 750 professionals to share yoga and mindfulness with young people in different sectors, such as education, social work and healthcare. In turn her graduates reach an estimated 75,000 teens across the world. She is a regular contributor on the BBC and represents the school sector in the APPG in society. Her book was published 21st August 2018 on this topic by Hachette Publishers in the US and the UK.

www.teenyogafoundation.com www.teenyoga.com



Janie Fox

Events Director and Co-Founder –

Red Rocket Events

Janie has a proven track record in developing and implementing strategy, inspiring a team to achieve results. She is proficient at presenting at a senior level. She is a self-motivated, creative individual with a genuine commitment and desire to succeed and to influence change. Consciously striving to improve communication to provide the highest quality of service delivery and recovery.

Red Rocket Events!



“Learning to manage your emotions is as important as learning to read and write. These events will help us understand how we give young people the best chance to flourish as adults.”

Ruth Sutherland, CEO, Samaritans

