



Benjamin Nowrojee wants to help other young people with mental health issues. **Picture: David Baylis**

d496649

Let's talk about mental health

CHRIST Church Grammar School (CCGS) student Benjamin Nowrojee is passionate about breaking the stigma around mental health.

The Stirling resident attended a five-day zero2hero camp in April that empowered him and another 40 students to become better equipped to help prevent youth suicide within their peer groups.

"The biggest thing we did was learn about Safe Talk, which taught us how to identify signs of someone who may be suicidal and how to direct them to the

correct help," the Year 10 student said.

The 16-year-old said he wanted to become a catalyst for change in the way youth deal with mental health after suffering a tough time two years ago.

"I had some mental health issues and it badly affected me; I didn't know what to do or who to go to," he said.

The Red Cape Ball, which directly supports the zero2hero program, is on November 9 at Optus Stadium. Tickets are available at <https://bit.ly/34Agx3v>.