



Natasha Devon

Natasha Devon is an author and mental health campaigner who works in schools, colleges and universities throughout the UK.

Natasha regularly speaks at parliament and gives evidence to the Education and Health Select Committees, representing the interests of teenagers and teachers.

In 2015, she was awarded an MBE for her services to young people and in 2016 the Sunday Times and Debretts named her one of the 500 most influential people in Britain.

Her current projects are the Mental Health Media Charter and Where's Your Head At? which aims to change UK laws to protect the mental health of workers.

She writes regularly for the *Guardian*, is a former columnist for *Cosmopolitan Magazine* and has a weekly column in the *Times Educational Supplement*.

Her "mind manual" – *A Beginner's Guide to Being Mental: An A-Z* – was published in May 2018.

Natasha is a patron for the charity No Panic, which provides advice and support for people struggling with anxiety. She is a member of the Men & Boys Coalition and also works with Mental Health First Aid England and the eating disorder charity Beat.