

*Half of all mental health issues  
manifest by the age of 14*

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*1 in 10 children have a diagnosable  
mental health disorder*

# Building Your Family Mental Wealth

*Helping companies invest in the wellbeing  
of their employee's families.*



Investing in the mental health and wellbeing of families can save considerable costs that would otherwise result from the impact of children's mental ill-health upon their parents' professional and commercial lives. Dr Elizabeth McNaught and Nick Pollard are passionate about sharing their father-daughter story, and their consequent professional and personal insights, in order to help all parents invest in their own family's mental wealth.

*Building Your Family Mental Wealth* workshops are available for lunchtime sessions, half day seminars or conference keynotes.

## Presenters

**Dr Elizabeth McNaught** is a medical doctor, who nearly died from anorexia at the age of 14 and has told her story in the best-selling book *Life Hurts: a doctor's personal journey through anorexia*. She now combines her clinical work as a hospital doctor with TV appearances and speaking engagements in which she provides medical and personal insights into how to avert the devastating impact of mental health issues, such as eating disorders, which particularly affect young people.

**Nick Pollard** is Dr McNaught's father, who had to put much of his working life on hold in order to help his wife care for their seriously ill teenage daughter. He now speaks and broadcasts about the insights he gained which became instrumental in her recovery, and how those can help parents avert the devastating impact of mental health issues, such as eating disorders, in their own families. He is a social-entrepreneur, the author of 10 books, and a popular conference speaker.



Dr Elizabeth McNaught and Nick Pollard on the BBC's *Victoria Derbyshire Show*.



*'Dr Elizabeth McNaught's speech got a standing ovation from the professionals.'*  
Dr Izabella Jurewicz,  
Royal College of Psychiatrists.