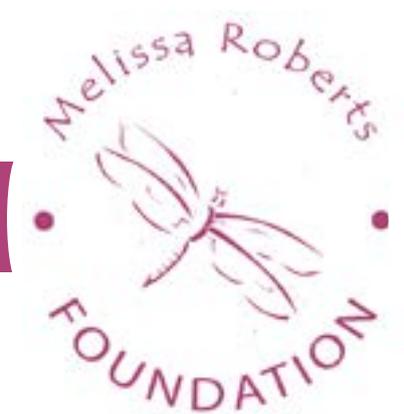


# Dragonfly



# Day

## What is Dragonfly Day?



Dragonfly Day has been established to raise awareness of people with lived experience of hearing voices, paranoia and their links to childhood trauma.

Dragonfly Day is celebrated on the first weekend in August each year.

Why August? A month of mixed emotions in that it was the month Melissa was born, and sadly, also the month she passed away.



## Who is Melissa Roberts?



As a result of a significant traumatic event, Melissa, or Mel as she was best known, started hearing voices at age 14.

The intensity of the voices escalated in her late teens and into early adulthood, and was joined by severe depression and paranoia, forming a

powerful "cocktail" of immense torment and suffering, which became too much for Mel to endure.

Mel passed away on 26th August 2010, three days after her 27th birthday. (see "Mel's Story" on our website).

## Why a Dragonfly?

From an early age Mel had a strong fascination for the dragonfly.

It was discovered that the qualities the dragonfly symbolises are very consistent and relevant to the qualities people with lived experience need to help them on their journey toward recovery.



## What does the Melissa Roberts Foundation do?

The Foundation provides Support, Information, Training and Education for people with lived experience of voices, paranoia and childhood trauma, who, like Mel, are disempowered by their lived experience.

The Foundation's services extend to carers and family, mental health professionals and organisations, educational institutions, students and the general community.

## How can you help?

**Share this Flyer** with any other individual or organisation whom you feel may be interested.

**Join the Foundation** and have your say in what we do. You may also want to get involved, we would welcome your support. Details of how to become a member are on our website.

**Donate to the Foundation** so you can help us make a difference in the lives of the people we support. Details of how to donate are on our website.