



#1K1CALL

2026 CAMPAIGN

ONE CALL CAN SAVE A LIFE



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THE CALZY FOUNDATION

On the 7th January 2021, at 8.45pm – **Cal Stuart** made the hardest of decisions to ‘tap out’ of this physical plain to find peace and solace from his depression, mental pain and sense of anxiety in an increasingly chaotic world. He was 23yrs old.

Cal was and is a bright and dancing spirit; a soul full of warmth, kindness and compassion for others. His smile lifted the spirit of each and every person who was fortunate enough to meet him.

Cal’s life was one of creativity, art, music, design and a deep commitment to social justice and fairness for all in society.

Impacted by the loss of Cal, **The Calzy Foundation** was set up by his family and friendship group. It is the voice of a young generation – a tribe of energised young activists who have been deeply affected by the mental health crisis. We are ready to create the change that our policymakers are failing to put in place for us.



CAMPAIGN

MENTAL HEALTH EMERGENCY HELPLINE:
A '999' FOR MENTAL HEALTH

ACTION

OUR #1K1CALL CAMPAIGN ENCOURAGES
PEOPLE TO REACH OUT AND CHECK IN
WITH THOSE WHO MAY BE SUFFERING IN
SILENCE

LIFE

DIALOGUE; DE-STIGMATISE DISCUSSION
EARLY INTERVENTION; THE 'REALITY'

WHAT IS THE #1K1CALL CAMPAIGN

The #1K1CALL 2026 campaign runs from 1st January 2026 through to 20th July, 2026.

We are asking people around the world to pledge to participate in our campaign - to be active over 1km and to make that all-important call to someone they feel, who may be suffering in silence or struggling with their mental health and well-being..

For the 1km – you can run, walk, swim, dance, cycle – you can even drive – wherever you are and at any time through the day of the campaign! On your own - or even better with friends; family; work colleagues or your local community neighbours!

For the call – we simply ask you to reach out to a friend; family member; work colleague or neighbour and check-in with them to see how they are. How they REALLY are! It's that simple!

No donation. No fundraising. No long term commitment. Simply 1km and that all-important call on the day.



WHY YOU NEED TO DO THIS

01

Over the course of a lifetime, 1 in 5 people have suicidal thoughts, 1 in 14 people self-harm, and 1 in 15 people attempt suicide.

02

Suicide remains the biggest killer of young males in the UK and the rise in death by suicide of young females under 24 yrs is the highest since records began.

03

At any given time, 1 in 6 working-age adults have symptoms associated with mental ill health.

04

It is too often those closest to us who suffer in silence - primarily due to stigma around talking and opening up about our mental health.

05

Let's face it - we could all do with being a little more active once in a while - so get your running shoes on; your trunks out or dust down that old bike from the shed!

WHAT DO I NEED TO DO

FOLLOW THESE STEPS AND YOU WILL BE FOREVER REGARDED AS AN AWESOME AND BEAUTIFUL SOUL!

1.PLEDGE

No donations. No fund giving. Just simply a promise to participate.

2.PLAN

Plan your activity for the 1km part of our campaign. Even better – why not do this with friends; family; work colleagues or your local community neighbours.

3.MOVE

Have fun and know that any physical movement has a positive impact and benefit on your own mental health and well-being.

4.CALL

Make that all-important call to someone you feel may be suffering in silence or is just finding life a little challenging right now.

5.SHARE

We will send you a hearty and glorious virtual hug if you can simply share your participation in our #1K1CALL campaign.

**FURTHER DETAILS
AND HOW TO PLEDGE HERE**



HOW TO MAKE THAT CALL

If you are unsure about how to open the conversation with someone you feel may be in need of support or simply a listening ear - here are a couple of ways you can make that call a little easier.

01



MAN TO MAN

Our awesome friends at TalkClub use a genius conversation opener: 'How are you out of 10?' This simple question helps men to put a number on how they feel, (1 being rock bottom and 10 being on top of the world). Give them space to explain why they have chosen their number. Don't judge. Just listen.

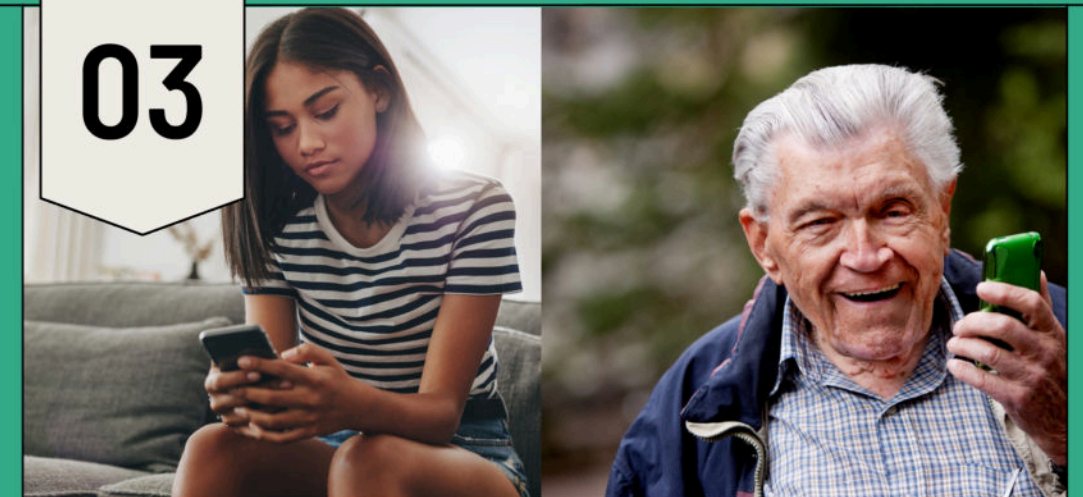
02



WORKSPACE

All organisations should have support in place for anyone struggling with their mental health. But maybe someone just needs a colleague in a non-judgemental space to offload any anxiety; stresses or personal challenges. Take a look around your workplace. Put work down for moment and actively listen.

03



A SPECTRUM OF AGES

Sometimes the first 'How are you?' ask may not give you much. So, if you feel comfortable - ask twice - gently! Be an active listener. Don't look to fix or rush to judge. Just listen. Be patient - be sure they know that you are willing to spend this time with them. Be prepared to follow up on your call.

RESOURCES

Here are some useful resources that you can have at hand for your call. In the end, you may not refer to any of these - but please feel free to offer them if you think they would be appropriate.

01	SAMARITANS: 24HR HELPLINE: 116123 SAMARITANS.ORG
02	SUICIDE & CO: SUPPORT FOR THOSE BEREAVED BY SUICIDE: https://www.suicideandco.org/counselling-service
03	PAPYRUS: CONFIDENTIAL SUICIDE PREVENTION SUPPORT 0800 068 4141 / https://www.papyrus-uk.org/
04	TALKCLUB: UK MALE MENTAL HEALTH CHARITY HELPING MENTO IMPROVE THEIR MENTAL HEALTH. https://talkclub.org/
05	CALM: TAKING A STAND AGAINST SUICIDE https://www.thecalmzone.net/
06	THE CALZY FOUNDATION: CAMPAIGNING FOR MEANINGFUL CHANGE IN UK MENTAL HEALTH SUPPORT FOR YOUNG ADULTS: https://www.calzy.foundation/

#1K1CALL

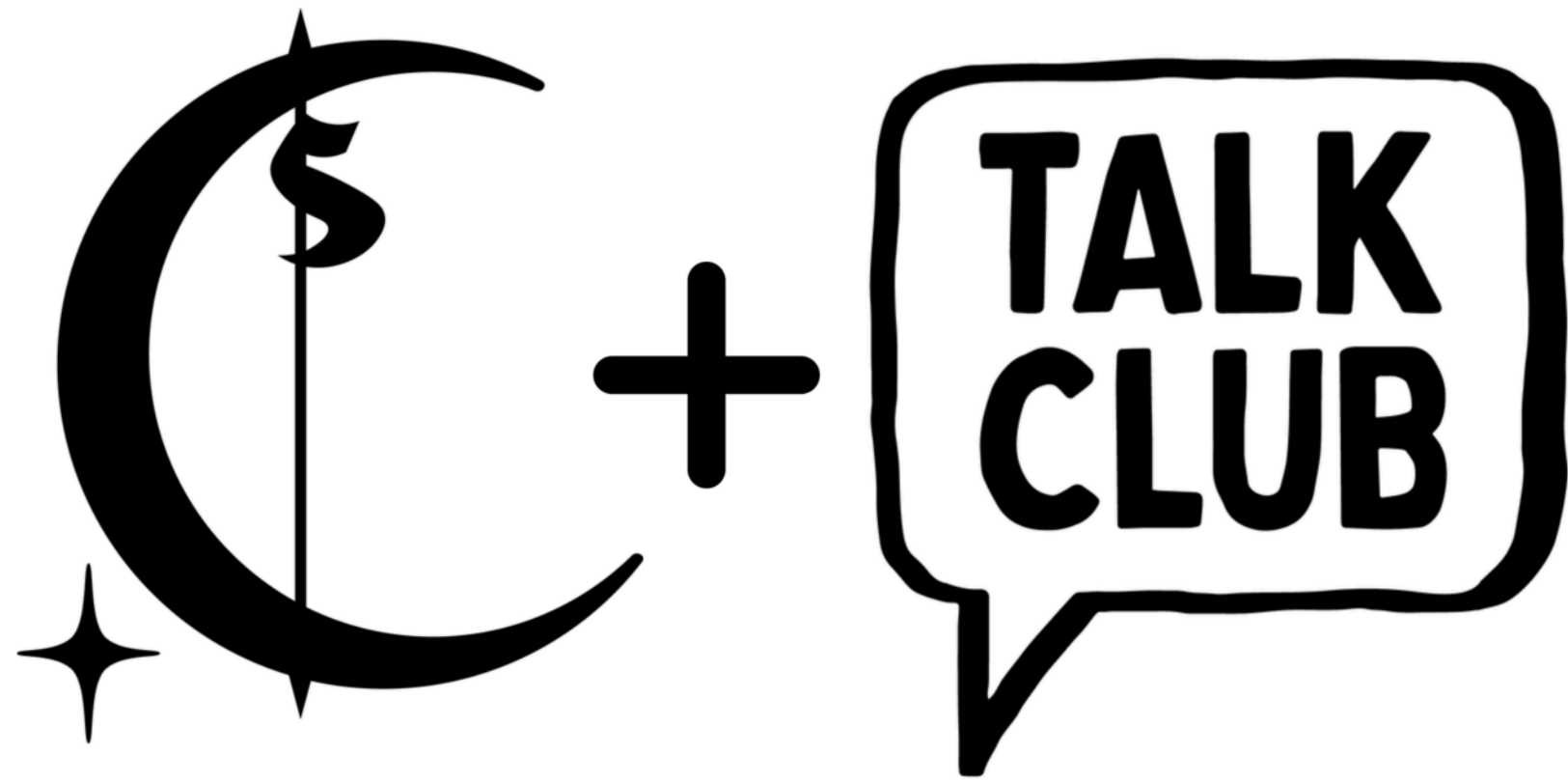
THANK YOU....

**CAL MADE A DIFFERENCE TO THE LIVES OF ALL THOSE WHO MET HIM
EVEN FOR THE BRIEFEST OF MOMENTS.**

**TO EVERYONE TAKING PART IN OUR #1K1CALL 2026 CAMPAIGN -
WHEREVER YOU ARE IN THE WORLD...THANK YOU!**

YOUR CALL WILL MAKE A DIFFERENCE!





The Calzy Foundation are thrilled to announce a collab with Talk Club for our #1K1CALL campaign.

**HOW ARE
YOU?
OUT OF 10?**



Our awesome friends at Talk Club use a genius conversation opener: 'How are you? Out of 10?' This simple question helps someone to put a number on how they feel, (1 being rock bottom and 10 being on top of the world). Give them space to explain why they have chosen their number. Don't judge. Just listen.