

Richard Grange FMHC

Richard is the Head of Communications at the Mental Health Foundation.

He has spent almost 25 years working in journalism and media and has a long-standing interest in public health.

At the Foundation he is responsible for national strategy for Mental Health Awareness Week – run by the charity since 2001 – and for all campaigns and public communications.



Before coming to the Foundation he was Head of News at the international development charity ActionAid where he worked on economic justice and human rights campaigns.

He also led the organisation's communications during the West Africa Ebola epidemic, the Nepal earthquake, Mediterranean refugee crisis and East Africa drought disaster.

Previously he was an award-winning journalist and film-maker at BBC Panorama and BBC Current Affairs Documentaries covering a variety of subjects including medical ethics, the history of race relations and investigations into money laundering and corruption in horse racing. He is also a trustee on the board of the International Broadcasting Trust.

Outside work he enjoys running (badly), cooking (also quite badly) and sharing jokes with his kids (who have a low opinion of his comic skills).