

Walky Talky

Rethink
Mental
Illness.



Walky Talky is your chance to help us stamp out stigma and realise a better life for people living with mental illness.

Let's challenge attitudes and change lives!

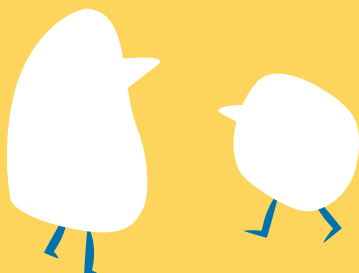
What is

Walky Talky?

Walky Talky is about walking, and talking to raise awareness and funds for people severely affected by mental illness.

This year we are asking people to hold their own Walky Talky, as due to restrictions we have been unable to organise ours.

Whether you decide to walk with one other person (it could be a friend or family member), or you want to get together a big group of people (whilst adhering to government guidelines) we have included steps on setting up your own event in this guide.



Craig Holden and his 100 mile walk

Yours doesn't have to be this long!

Craig organised a walk for himself.

My mantra 'never let your mind overpower you' is now tattooed on my arm after going through a very dark place earlier this year. My mental health wasn't stable at all. When I was on my way to getting better, I chose to take on a walk challenge to help.

I chose to support Rethink Mental Illness because it was one of the few charities that has been supportive, caring and genuinely wanting to make a difference to how mental health is understood. I am proud of the walk and what I achieved. I am not a regular long distance walker. I walk a few miles a day, but nothing like this. I do like a challenge though, so this was very fitting.



In 2017 Craig walked from Newport to Birmingham and fundraised for Rethink Mental Illness. He wants to do it all again but this time a different, shorter route.



Your Walky Talky

1

Who will you be walking with?

Maybe you will decide to walk with a friend, or a bigger group of you.



2

When are you going to walk?

In a couple of weekends time? A special day, like a birthday or an anniversary?

3

Where are you going to walk?

Is there a local park near by that you can go to? Or are you planning on travelling somewhere specifically for the walk?

4

Fundraising.

You can set your fundraising page up [here](#).

For anyone that raises over £75, we will send you a medal as a token of our appreciation!



How your money can help.

£30

would help us give practical and personalised advice for those calling our advice and information line.

£50

could enable more people to attend a virtual chat session at one of our community support services, providing continued connections to their communities.

£100

would help drive our campaigning to change the law and tackle discrimination.

Sue organises a yearly walk for lots of people

From the age of 13 my daughter Charlotte started self-harming. She was diagnosed with Borderline Personality Disorder (BPD) aged 18.

Apart from a spell in a private hospital and about 10 months with a private psychiatrist she had no help. The only appointment Charlotte got with an NHS psychiatrist ended with her telling us she didn't believe in private care and we never received another appointment. Sadly on the 22nd February 2009, she self-harmed and lost her life.

After her death, I felt so passionate about the fact that there wasn't anything for young people in crisis, nowhere for them to go. I wanted to do something to help people, so I found Rethink Mental Illness. I set up a fundraising page and did it all in Charlotte's memory. I started off saying to people collect your 5p's,

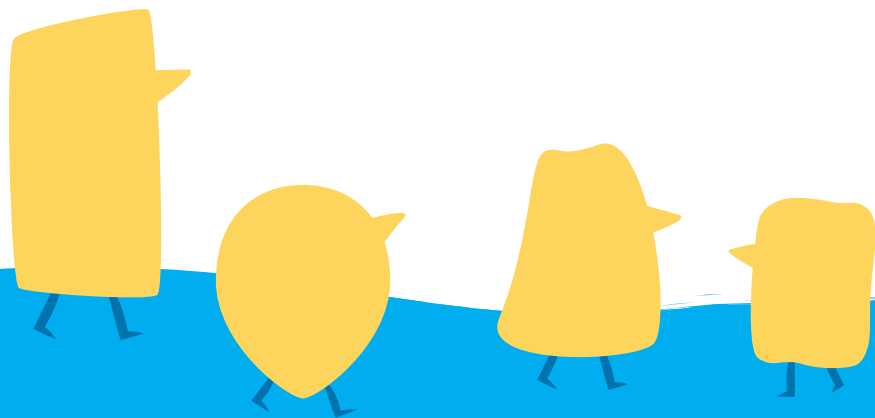


put them in a jar and I'll collect them every few months. Amongst many other fundraising ideas, we decided to take on a walk and got friends and family together to join us.

The first walk raised £2,200 and since then, it has evolved and grown year on year.

Charlotte was so much more than Borderline Personality Disorder. She was a fun bright young woman who loved children but who was sadly blighted by this awful mental illness.

Leading the way to a better quality of life for everyone severely affected by mental illness.



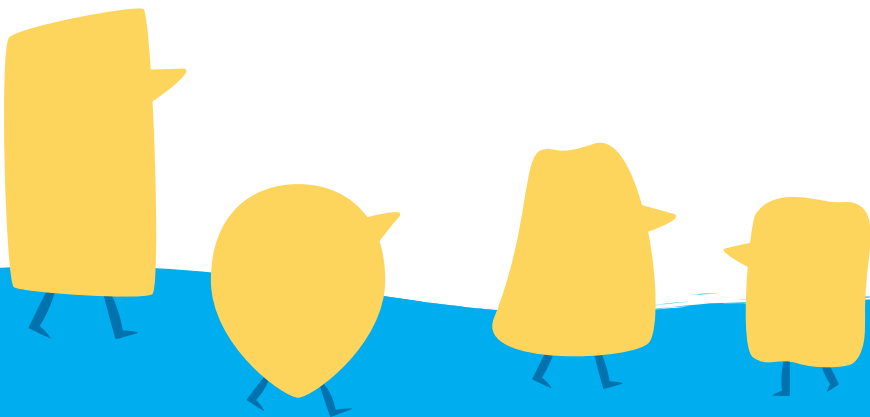
We'd love to hear from you.



Contact the fundraising team
on 020 7840 3063

or email us at events@rethink.org

www.rethink.org/walkytalky



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