



PRESS RELEASE

For Immediate Release

Inverness Leads the way in 2017, with First Walk to Tackle Mental Health Stigma

INVERNESS is set to stage the first Walk a Mile event of 2017, part of a nationwide campaign which has seen over 2000 people come together to tackle mental health stigma.

After large events in Glasgow and Edinburgh, created by anti-stigma programme See Me and activist Chris McCullough Young, The Muirtown Basin on the Caledonian Canal became the first permanent Walk a Mile Route in Scotland last year.

The idea of Walk a Mile is to bring together anyone who cares about tackling mental health discrimination, to break down barriers as they walk a mile in each other's shoes - from health professionals and people who have experienced mental health issues, to students or anyone who cares and wants to make a difference.

On January 25th all are welcome to come down and take part in the first Walk of the year around the Muirtown Basin.

Stephen Wiseman, Caledonian Canal's Heritage Officer for Scottish Waterways Trust, is aiming to make the Walk's monthly.

He said: "On a regular basis I hope that it has many potential advantages. As it grows people will see that it is good for them and it can help to raise awareness and reduce stigma and discrimination. It is also a great networking and partnership potential for health professionals.

"We want to encourage all members of the community to come down, those who have experienced difficulties with their mental health, those who haven't, carers, people who work in mental health and those who care and want to know more."

Eleanor Ogilvie, See Me community manager, said: “This route shows that speaking about mental health can be an everyday thing, not something that people should ever feel ashamed or embarrassed to talk about.”

The walk will run from 1.30pm-2.30pm and all are welcome to come down, meeting at the Muirtown swing bridge.

The permanent walk has been created jointly with the Scottish Waterways Trust, See Me, Scottish Canals, Birchwood Highland, Paths for All, Partnerships for Wellbeing, NHS Highland and Befrienders Highland.

Contact Stephen@scottishwaterwaystrust.org.uk or on 01463 725561 for more information.

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NOTES TO EDITORS

1. See Me is Scotland’s National programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

We do this by:

- Mobilising people to work together and lead a movement to end mental health stigma and discrimination
 - Working with people to change negative behaviour towards those with mental health problems
 - Ensuring that the human rights of people with mental health problems are respected and upheld
2. Follow See Me on Twitter [@seemescotland](https://twitter.com/seemescotland) or find us on Facebook: Facebook/seemescotland, <http://seemescotland.tumblr.com/>, <https://medium.com/@seemescotland>, or at www.seemescotland.org

3. See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government and Comic Relief
4. We work in partnerships with VOX, the Scottish Mental Health Cooperative and the Scottish Mental Health Arts and Film Festival to bring about a meaningful change in behaviours.

Scottish Waterways Trust (SWT)

5. SWT creates brighter futures for people, wildlife and communities across Scotland's canals
6. By connecting people with the heritage, wildlife and green open spaces of the Scottish canals, SWT inspires people to get active, improve their health and mental well-being, employment prospects and community life.
7. Find out more at www.scottishwaterwaystrust.org.uk or @ScotlandsCanals

