



## **PRESS RELEASE**

### **PICS**

#### **For Immediate Release**

### **OVER 1000 People Expected To Walk a Mile for Mental Health**

OVER 1000 people are expected to take to the streets of Renfrewshire in May, to show that it is okay to talk about mental health.

A Walk a Mile event is being arranged by Renfrewshire Anti Stigma Alliance (RASA), to get people in the area talking about mental health.

The event, on Wednesday May 10<sup>th</sup> comes during this year's Mental Health Awareness week. The aim is to show that mental health can be a topic of everyday conversations, and we are all responsible for creating positive attitudes around it.

The Walk a Mile campaign was created by See Me and activist Chris McCullough Young, based on his walk around the edge of Scotland, where he spoke to everyone he met about mental health, to change attitudes one conversation at a time.

So far thousands of people have taken part in Walks across Scotland, bringing together health professionals, carers, people with lived experience of mental health problems, students, or anyone who cares about tackling mental health discrimination, to break down barriers as they walk a mile in each other's shoes.

Last year the Alliance had around 1000 people take part in Walk's across the region, including schools, workplaces and even a drama group. This year they are looking to have even more people take part.

Stephen McLellan of RAMH (Recovery Across Mental Health) said: "We have come a long way in challenging perceptions of mental health and the consequences of stigma on individuals and their families. However, we still need to support communities and society to recognise the impact which words and attitudes have on people. We are

delighted to be part of the Walk A Mile event in Paisley as part of the Renfrewshire Anti Stigma Alliance. Each step we take on the walk is a step towards greater understanding.”

Calum Irving, See Me director, said: “Mental health affects all of us, but there is still a stigma around it. To tackle this properly people need to understand that it is okay not to be okay.

“One of the best ways to change how people think and behave is to make mental health a topic in day to day conversation, rather than a taboo subject people don’t want to talk about.”

All are welcome to attend the Walk, which will begin at Fountain Gardens, Love Street, Paisley, PA3 2DZ (At the Fountain) on May 10th. Sign up [here](#).

## **ENDS...**

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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 or find us on Facebook: Facebook/seemescotland, <http://seemescotland.tumblr.com/>, <https://medium.com/@seemescotland>, or at [www.seemescotland.org](http://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.

