



PRESS RELEASE

For Immediate Release

Walk a Mile in Galashiels

GALASHIELS is set to host it's next major walk, to help change the way people think about mental health.

The Walk a Mile event, on September 29, is being arranged by See Me Community Champion Bridget Dickson, from Peebles, who wants to get the town talking about mental health.

Alongside the walk Freda Douglas' Depressed Cake Café will be at the MacArts Centre from 11am, giving participants the chance to chat about mental health over tea and cake.

The funds raised from the Cafe will be donated to Inspiring Life: Evie Douglas Memorial Fund. The Trust was set up in 2014, following 21 year old Evie's suicide, to fundraise money to support the improvement of mental health and wellbeing.

Walk a Mile is about bringing people together to talk about mental health. There are no uniforms, no barriers, everyone is on a level playing field.

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.

Bridget said: "Talking more openly about mental health is the only way to stop the stigma that so many people still attach to it, and it is so much easier to talk while having a walk with like-minded people."

See Me director Calum Irving 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."

The Walk will begin at 12.30 on 29th September 2018. It will start at and end at MacArts Centre, Galashiels. To find out more contact bridget.dickson@seemechampion.org

ENDS...

FOR MORE INFORMATION CONTACT:

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NOTES TO EDITORS

- 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
- Follow See Me on Twitter or Instagram @seemescotland or find us on Facebook: Facebook/seemescotland, or at www.seemescotland.org
- See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government and Comic Relief

