

#RunAndTalk

Supporting Mental Health Through Running

Jogging and running can help us lift our mood, increase our self-esteem, sleep better, think clearer and reduce stress, anxiety and depression.

We know that getting started, and keeping going, can be challenging at times so England Athletics have worked with Mind to recruit a network of Mental Health Champions for you to #RunAndTalk with.

What is a Mental Health Champion?

- ◆ A confidential volunteer with personal experience of mental health problems or supporting friends and family with mental health problems.
- ◆ Someone who can help to support you to start, return to, or continue running in a club or group. Complete beginners welcome.



RunTogether

With

DW | Fitness First

working with



For more information and to find a Champion visit:
www.EnglandAthletics.org/mentalhealth