

'Walking Out of Darkness' Event to bring mental health into the spotlight

Submitted by: CLASP Charity

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Mental health charity CLASP (www.claspcharity.com) are organising the second 'Walking out of Darkness' event on May 16th to bring mental health out of the shadows and into the spotlight right in the heart of London.

The 10 mile walk takes place during Mental Health Awareness Week (11th to 16th May) to inspire people across the country, open minds around mental health and suicide prevention as well as ending the stigma. Registration is only £10 at www.claspcharity.com and participants can fundraise for any UK mental health charity they want.

The 'Walking out of Darkness' event is supported by the Department of Health, NHS, Time to Change, Rethink Mental Illness, Bank of England, Legal & General, Pure Gym, Wandsworth Council plus several other London Councils as well as, a host of other businesses and services across the country.

CLASP has the support of Norman Lamb MP, the Department of Health and Care Minister, Madeleine Moon MP, Chair of the All Party Parliamentary Self-Harm and Suicide Prevention Group, Mayor of London Boris Johnson as well as many other MPs and senior members of the NHS, UK Charities and Services.

Mr Lamb said, "I want to build a fairer society with better mental health for everyone. The government cannot act on this alone – raising awareness through events like this is vital in tackling the stigma that surrounds mental health problems and suicide. By working together, we can provide better support to anyone at risk and, ultimately, save lives."

Mayor of London, Boris Johnson added "This affects us all, though unfortunately there are still many misconceptions about what mental ill health is, how it happens and what can be done about it. The result is those struggling with mental ill health often go unnoticed and unsupported. Yet, there is much we are doing to improve our mental health and prevent suicides, and I applaud CLASP's work to help Londoners who are struggling in this way"

1 in 4 people are affected by a mental health problem and this event brings together sufferers and professionals to celebrate recovery and highlight how everyone can make a difference and end the stigma associated with mental illness.

The walk will start at Bernie Spain Gardens at 10am. There will be a number of influential speakers and fitness instructors will be on hand to prepare participants for the challenge. The walk continues along the Thames Path and takes in some of London's most iconic landmarks including Tower Bridge, the Tower of London and the Houses of Parliament before an afternoon of fun and attractions in Battersea Park.

At Battersea Park there will be live music to provide a backdrop to a hub of fun, active activities including a rides, entertainment and food and drink, alongside a number of mental health information stalls where people can get advice on how to look after their mental wellbeing and how to spot the signs of mental distress.

CLASP invites anybody who feels empowered that they can end the stigma of mental illness, inspire others and celebrate recovery to come along and take part in this unforgettable event.

For more information and details on how to register, visit the CLASP website www.claspcharity.com

If you are concerned about mental illness or suicide call the NHS 111 Helpline or speak to your GP immediately

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For more information or enquiries please call Kenny on 0203 600 3601 or email at hello@claspcharity.com

CLASP is a registered charity in England: Registered Charity Number 1154383 - Counselling Life Advice Suicide Prevention (Clasp) Ltd.