

#RunAndTalk

Mental Health Champion



Hi, my name is Vicky Shaw and I have volunteered to be the Mental Health Champion for our club.

What is #runandtalk?

Running can help to lift our mood, help reduce stress and anxiety and improve our mental wellbeing. #runandtalk is an England Athletics initiative supported by **Mind**, the mental health charity, which aims to improve mental health through running.

What do Mental Health Champions do?

- ✓ **Support**-support your club/group with an action plan
- ✓ **Engage**-link with local mental health organisations
- ✓ **Share**-share on social media using the #runandtalk
- ✓ **Talk**-start conversations about mental health
- ✓ **Advocate**-provide information and guidance about mental health



If you would like to chat to me then I am available on club nights or email me hello@bedfordharriers.co.uk



working with