

#RunAndTalk Campaign Participant Information

What is the #RunAndTalk campaign?

During the week of 9th -15th October 2023 England Athletics, supported by Mind the mental health charity, are encouraging people to #RunAndTalk to improve their mental wellbeing through running and to break down the stigma associated with mental health by getting people talking about it.

How does it work?

Through a digital campaign we'll be encouraging everyone to run one mile or further and have a chat during the 9th- 15th October. They can do this either with friends, family or colleagues at a time and location of their choice or by joining one of the organised runs at an England Athletics club, RunTogether group.

What counts as a run?

One mile or further, participants choose the distance and location that suits them. You don't have to run the whole way, walking and jogging is allowed!

Organised runs

Organised runs are planned by England Athletics partners, affiliated clubs, RunTogether Groups and other organisations. They are led by a UKA qualified leader or coach (or teacher if at a school) and most finish with an optional social element, so participants can go for a drink or something similar afterwards. Anyone of any running ability can join a run even if they've never run before and are not a member of that club or group.

Mental Health Champions

Some runs will have a volunteer Mental Health Champion(s) present. All our friendly Champions have lived experience of mental health problems themselves or through close family or friends and are passionate about improving mental wellbeing through running.

Do I have to have a mental health problem to take part?

No, anyone can take part. 1 in 4 of us experience mental health problems each year ¹ and running can help everyone's mental wellbeing. We can all play a part in breaking down the stigma attached to mental health.

How can you get involved and when?

Share information about #RunAndTalk on social media to encourage people to take part using
#RunAndTalk
@EnglandAthletic
@RunTogether

For more information about the #RunAndTalk campaign contact inclusion@englandathletics.org

¹ [NHS Digital. Mental Health & Wellbeing in England. Adult Psychiatric Morbidity Survey 2014](#)

² [Office for National Statistics \(2017\) Suicides in Great Britain: 2016 registrations](#)