

WALKING AND TALKING

WELLBEING WALK FOR MQ

Why not take part in your own wellbeing walk and bring friends and family along with you whilst raising money for MQ Mental Health Research. You can choose the distance that will challenge you, the timing of your walk and when you do it. By creating your own route, you can make it one of a kind atmosphere to enjoy every step and making it fun for everyone involved.

What MQ does

Researchers have made extraordinary advances in treating many physical health conditions. But we've lagged behind in treating mental illnesses — despite up to 1 in 4 of us experiencing a mental illness each year. Research into the causes, treatment and prevention of mental illness is nowhere near where it should be, for those who seek help, it can take up to 10 years to receive a diagnosis, let alone a treatment that works, leaving behind millions of people worldwide because society has drastically underfunded mental health research.

That's why MQ exists, we fund much-needed scientific research to transform the lives of everyone affected by a mental illness. Together with supporters and a global network of scientists, MQ works to create a world where mental illness is understood, effectively treated and ultimately prevented.

- **Since 2013 MQ has invested £30 million into 65 research projects around the globe.**
- **48% of MQ's studies have led to new treatments being developed.**
- **For every £1 MQ has invested in supporting research an additional £5.78 has been generated.**

Why walk for MQ?

Research by MQ has shown that:

- 1 in 4 employees is at high risk of burnout, with a further 22% showing signs of stress-related ill health. This has a wider and broader impact on the economy.
- Poor mental wellbeing costs employers in the UK an estimated £42-45 billion annually through presenteeism, sickness absence and staff turnover;
- Mental ill health is now the most common cause of work-limiting conditions among those aged 44 years and younger.



There are many benefits to going out and walking, whether they are physical, mental or social. Why not create your own wellbeing walk with friends, family or work colleagues whilst raising money for MQ?

It's a perfect place to chat, get away from all aspects of life, and get to know one another better. You can create your own distance and route; challenge yourself with a single distance or set an accumulative target for the month. Whatever you do, make sure you ask for support and donations to help keep you motivated through your challenge.

That's why we are asking you to reap the benefits and get 'Walking and Talking' with MQ. We will provide you with all the necessary promotional materials to promote the walk from posters to social media templates to encourage as many people as possible to sign up.

How to sign up

To take on this challenge and create your own walk with or without friends please go to our website here:

www.mqmentalhealth.org/get-involved/fundraise

and fill in the form and one of us will get back to you.

Where your money goes

All the money that you raise from your walk will go to help fund vital research and finding the next breakthrough in mental health to help those affected.

"We lost our beloved son, so we are painfully aware of the damaging consequences of mental illness left concealed, unrecognised, underestimated or ignored. We support MQ because we want more scientific knowledge to dispel fear, and to win better outcomes for people suffering mental distress and for all who care for them."

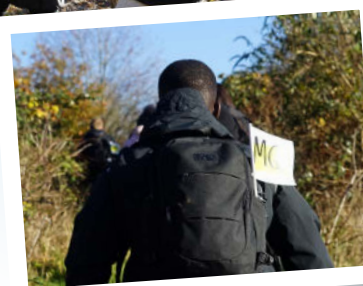
John and Susan Wilkes, MQ Supporters

One of our MQ ambassadors Litsa Sourla took on a walking challenge with 9 of her friends, walking 42km on a Sunday morning and this is what she had said:

"Everyone did amazing today, I'm glad we all had a similar not gonna give up mindset that helped each other get to that 10th peak, the determination amongst the team was incredible and contagious and there was a lot of encouraging each other to keep on going. We met some people along the way who were intrigued to find out who MQ were so we were able to talk to them and share some of the merch!"

"On the journeys I've had with my mental health, movement really saved me because I was able to pull in those strengths as an athlete to keep going."

Amazin LeThi, MQ Ambassador, Athlete, LGBTQ advocate and author



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Mental
health
research



www.mqmentalhealth.org