



Creating hope through action. Walk & Talk: steps to wellbeing

This booklet provides tips and ideas on how to organise your own Walk & Talk event to support mental health and emotional wellbeing in Mental Health Awareness Week, 13-19 May 2024.

Published

07 May 2024

Last reviewed

07 May 2024

Details

Format

12 pages, A4 PDF only

Target group

General public

Downloads

Attachment	Size
Creating Hope Through Action Booklet 05_24 final.pdf	11.75 MB

Tags

- [mental health](#)
- [walking](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)