



Walk Guide

Welcome! At MHM, our walks are a dedicated safe space for people to walk and talk without fear of judgment. Be it in person, or online, our walks are a safe environment for people to talk, share and listen with other members of the MHM community.

In this guide we will take you through each step for joining a Walk. If there is anything in the guide that feels confusing or overwhelming please email us at hello@mentalhealthmates.co.uk. Remember, we are here to help you.

1. Find a walk near you

Check out [our walks page](#) to find a walk near you. If you can't find a walk listed in your local area, please email hello@mentalhealthmates.co.uk and we will guide you to your nearest walk or help you start one yourself.

2. Email us

If your local Walk Leader's email address isn't listed on the website, please email us at hello@mentalhealthmates.co.uk and we can get you in touch with them.

3. Register with your information

Once you have the Walk Leader's email, you can contact them with your information to register. Please let them know:

- Full name
- Address
- Email address

4. On the day

You will meet your MHM group at the designated meet up spot where your Walk Leader will be wearing a sign or lanyard that signals they are with Mental Health Mates! After some introductions your Walk Leader will take the group on a planned Walking route - in that time you can talk to members of the group, share with them or simply walk beside them. Sometimes members choose to continue on the meet up with a tea and talk afterwards. However, there is no pressure to do anything, remember, the Walk is for you. All MHM does is encourage you to get out, move your body and connect!