

Walking for wellbeing and good mental health

Conversation starters

How are
you?

How do you
care for your
mental health
and wellbeing?

Have you
been on a
walk before?

What's made
you come
along today?

What does mental
health & wellbeing
mean to you?

Do you think
its difficult to
speak about
mental health?

Key Messages

We all have
mental health

We can fully recover from
a mental health problem

Judgment and stigma
around mental health is
a barrier to engaging in
physical activity

You can play your part
in breaking down
barriers by simply
welcoming people to
groups, and not judging

Joining a Health Walk
can support people
struggling with a mental
illness to feel accepted
and connect with others

