



Image: Crazy for Walking website

Getting crazy to promote mental health

Danielle Garrett

An initiative to promote mental health *Crazy for Walking* is gearing up for quite a number of activities next month.

The drive to pay more attention to mental health was introduced last year.

Experts educated people about this as they passed through communities en route to Cape Town during the walk.

The walk ended on World Mental Health Day on 10 October in the Mother City.

The following will be this year's activities you can participate in.

- Pretoria Union Buildings challenge, contact: Wikus Lambrechts at wikus@crazyforwalking.co.za.

- Bloemfontein Riemland walking trail, contact: Suzanne Wille at suzanne@crazyforwalking.co.za.

- Cape Town Crazy for Walking, Walk the Mountain, 3-10 October. Contact: Marlene van den Bergh at marlene@crazyforwalking.co.za.

- Cape Town Crazy for Walking, Mall Walks, 3-10 October. Contact: Natalie Winterbach at natalie@crazyforwalking.co.za.

"Mental illness is a combined descriptor given to several conditions including depression, anxiety, stress, post-traumatic stress and bipolar disorder," Crazy for Walking said in a statement.

"One in every three adults will suffer a mental health episode in their lifetime and about 75 percent of sufferers do not receive any help.

"We aim to provide the opportunity for people from all sectors of society to walk together in a spirit of unity, with the aim of improving their physical and mental health.

"From a South African perspective, we are convinced that this campaign can contribute positively to an improvement in the mental psyche of our country at a time when we desperately need to seek unity."

For more information on events happening around your area, visit www.crazyforwalking.co.za.

If you would like to show your support for this initiative and World Mental Health Day in general, purchase a pair of "crazy socks" from the Crazy for Walking website.

"We encourage people to wear their funky and crazy socks from 3-10 October to raise the awareness and consciousness of World Mental Health Day," organisers said.