



Media Release

For IMMEDIATE RELEASE

New mental health initiative designed to inspire Australians

Let's Walk Australia is stepping out for the first time

On Saturday September 3, 2011 at 9.00am, Let's Walk Australia will conduct its first walk along the Maribyrnong River Loop Walk commencing from Riverside Park in Essendon.

Darren Stones, the creator and coordinator of Let's Walk Australia believes that there are Australians who need to be mindful of their physical health as well as their mental health. In creating the program, Darren says, "Australians who experience a mental illness can become withdrawn and lose contact with people. Some of them do not exercise regularly. I walk along the Maribyrnong River twice a week because it is a scenic environment, there are people around, and it helps me to maintain good mental health."

Jodie Evans, a psychologist and the health professional advisor for Let's Walk Australia, believes that she and Darren share similar ideals. Jodie says that there are "limited group programs of any sort, let alone a casual, healthy environment for people to meet. The lack of non-clinical support in the community is the frustration of psychologists."

Let's Walk Australia is for people who have experienced a mental illness, carers, friends, relatives, health professionals and those who wish to help raise awareness.

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Darren Stones Visual Communications
www.darrenstones.com.au
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About Darren Stones, Jodie Evans and Let's Walk Australia

Darren Stones is the creator and coordinator of Let's Walk Australia. He is mental health consumer advocate, and was diagnosed with depression and anxiety in 2009. A journalist, photographer and writer.

Jodie Evans is a psychologist and the health professional advisor of Let's Walk Australia. She is a member of the Australian Psychological Society and provides psychological services in Melbourne's north-west.

Let's Walk Australia is designed to assist people with a mental illness and to raise community awareness. Walking activities conducted are free of charge to all participants. www.letswalkaustralia.com

For further information, please contact:

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